

ROYAL BAKER

and
PASTRY COOK



In many recipes in this book requiring several eggs, excellent results may be obtained by reducing the number of eggs one half and using one additional teaspoon of Royal Baking Powder in place of each egg omitted.



of Practical
Receipts for
Home Baking
and Cooking

ROYAL
BAKING POWDER
COMPANY

NEW YORK, U. S. A.

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Canadian Factory - Montreal

IN all baking and cooking receipts calling for baking powder use "Royal." Better and finer food will be the result, and you will safeguard it against alum.

In receipts calling for one teaspoonful of soda and two of cream of tartar, use two spoonfuls of Royal, and leave the cream of tartar and soda out. You get the better food and save much trouble and guess work.

Look out for alum baking powders. Do not permit them to come into your house under any consideration. They add an injurious substance to your food, destroying in part its digestibility. Physicians will tell you this, and it is unquestionable. The use of alum in whiskey is absolutely prohibited; why not equally protect the food of our women and children?

Alum baking powders may be known by their price. Baking powders at a cent an ounce or ten or twenty-five cents a pound are made from alum. Avoid them. Use no baking powder unless the label shows it is made from cream of tartar.

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Royal Baking Powder

Is a superior preparation for raising or leavening biscuit, cake, griddle-cakes, rolls, muffins, crusts, puddings, doughnuts, hotbreads and other similar flour foods.

Royal Baking Powder

Is absolutely pure and wholesome. Royal is the only baking powder made from Royal grape cream of tartar, a derivative of rich, ripe grapes, and chemically pure baking soda. It perfectly aerates and leavens the batter or dough, and makes the food finer in appearance, more delicious to the taste, and more healthful.

It possesses the greatest practicable leavening strength, never varies in quality, and will keep fresh and perfect in all climates until used.

Royal Baking Powder

Is specially useful in making fine cake. For this purpose, with highest class bakers in America and Great Britain, it has generally superseded other leavening agents.

Royal Baking Powder

Is recommended by expert bakers and pastry cooks because it makes the preparation of good food easier. Experienced housekeepers find that it makes the food of finer and better quality. Physicians commend it because it improves the healthfulness of the food.

Royal Baking Powder

Is used by the prominent pastry chefs in America, including those of the White House, Delmonico's and Sherry's famous restaurants, the Waldorf-Astoria, the Belmont, the Plaza, the Astor, and other hotels in New York. It is used upon the great transatlantic steamships and generally in the leading hotels, public institutions, and private families throughout the world.

FOR MAKING THE FINEST AND MOST HEALTHFUL FOOD, ROYAL BAKING POWDER IS INDISPENSABLE

GENERAL DIRECTIONS

MUST BE CAREFULLY READ BY EVERYONE USING THIS BOOK

HINTS ON BAKING.—To achieve perfect success, the cook must use discrimination and care. Some flour requires more water, or milk, than others; so that the quantity may require to be varied for dough of a proper consistency. Different bakings will vary as to time and heat required, and should, therefore, be examined occasionally. To ascertain whether the bread is sufficiently done in the center of the loaf or cake, thrust a clean straw or long thin splinter into it. If done, there will be no dough on it when drawn out. Measure the flour, and *be careful to mix with it the baking powder in a dry state, and before sifting.* You can always substitute water for milk, or milk for water; butter for lard, or lard for butter. The number of eggs may be increased or diminished, or, in plainer cake, etc., dispensed with entirely. Where fewer eggs are used than directed, always use a little more baking powder. *Never use sour milk.* When flour and liquid are to be mixed, always stir liquid gradually into the flour—to add flour to liquid usually means lumps, especially for an inexperienced cook.

When about to cut new bread or cake, heat the knife very hot; this will prevent its crumbling.

CAKE BAKING.—For a plain cake made with one pound of flour, Royal Baking Powder, etc., the time to be allowed in baking would be from 40 to 50 minutes; at the outside not more than one hour. Very rich cakes, in which butter and eggs predominate, take, of course, very much longer time to bake, a pound cake taking from 1½ to 2 hours, and a bride's cake 3½. On no account should an oven be too hot when the cake is put in—that is, hot enough to brown at once; if so, in 5 minutes the whole outside will be burned and the interior will stand little chance of being baked. The old plan of feeling the handle of the oven door to test the heat is not always successful; it is better to sprinkle a little flour inside and shut the door for about three minutes; if at the end of that time it is of a rich light brown, the cake may be put in, but if burned the heat must be lessened.

In baking loaf cake, remember that unless you place a piece of paper over for protection at first, a top crust will be formed at once that prevents the raising. When cake is well raised, remove the paper for browning on top.

ADVICE TO THE COOK.—Great cleanliness, as well as care and attention, is required from a cook. Keep your hands *very* clean; try to prevent your nails from getting black or discolored; don't "scatter" in your kitchen; clean up as you go; put cold water into each saucepan or stewpan as you finish using it. Dry your saucepans before you put them on the shelf. Scour tins with good mineral soap and rinse thoroughly in hot water. In cleaning a frying-pan, scour the *outside* as well as the inside. In cleaning greasy utensils, such as the soup-pot and frying-pan, wipe off the worst of the grease with soft paper (which can be burned), then soak in warm water to which soap-powder or a little ammonia has been added, finishing with mineral soap. Wash your pudding-cloths, *scald*, and hang them to dry directly after using them; air them before you put them away, or they will be musty; keep in dry place. Be careful not to use a knife that has cut onions till it has been cleaned. Keep sink and sink-brush very clean; be careful never to throw anything but water down sink. Do not throw cabbage water down it; throw it away out of doors; its smell is very bad. Never have sticky plates or dishes; use very hot water for washing them; when greasy, change it. Take care that you look at the meat the butcher brings, to see that it is good. Let there be no waste in the kitchen.

Bread and Rolls

healthful, economical, and convenient of all leavening or lightening agents.

BREAD was first made without leaven, heavy and solid. Then yeast was discovered, and yeast-risen bread came into use throughout the civilized world. Finally baking powder was devised, the most

Yeast is a living plant. Mixed with the dough it causes fermentation and destruction of a part of the flour, and this produces carbonic-acid gas. The bubbles of this gas become entangled in the dough, swelling it up

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and making it spongy. In this process, however, a part of the most nutritious elements of the flour (estimated at ten per cent.) is destroyed in producing the leavening gas; there is always danger of sour dough, and there is a delay of many hours for the sponge to rise.

Perfect bread is that in which wheat is transposed into an available food without loss of any of its valuable properties.

Royal Baking Powder is now largely used in place of yeast to leaven bread. It does precisely the same work—that is, swells up the dough and makes it porous and spongy. But the process is not destructive: the baking powder by itself produces the leavening gas. No part of the flour is decomposed or destroyed. Moreover, there is no mixing or kneading with the hands, no setting of sponge overnight, as the loaf is mixed and ready for the oven at once. Bread thus made cannot sour, but will retain its moisture and freshness, and may be eaten while hot or fresh without distress even by persons of delicate digestion.

The ease with which Royal Baking Powder bread is made, its cleanliness and healthfulness, have caused it to supersede yeast bread with many of the best pastry cooks.

In making this bread the materials and utensils should be brought together before the mixing of the dough is begun. The fire must be looked to so as to secure a steady, moderate heat. Remember to mix the flour and Royal Baking Powder together before sifting, and sift thoroughly before wetting.

Royal Baking Powder Bread.—1 quart flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon sugar, 2 heaping teaspoons Royal Baking Powder, $\frac{1}{2}$ medium-sized cold well-boiled potato, and water, milk or equal quantities of each. Sift thoroughly together flour, salt, sugar, and baking powder; rub in the potato; add sufficient liquid to mix rapidly and smoothly into a stiff batter or soft dough. This will require about one pint of liquid. Turn at once into greased loaf-pan, smooth the top with knife dipped in melted butter and bake immediately in moderate oven about one hour. When done take from the pan, moisten with the hand dipped in cold water, wrap in bread cloth until cold.

Boston Brown Bread.— $\frac{1}{2}$ pint flour, 1 pint Indian corn meal, $\frac{1}{2}$ pint rye flour, 2 potatoes, 1 teaspoon salt, 1 tablespoon brown sugar, 2 teaspoons Royal Baking Powder, $\frac{1}{2}$ pint water. Sift flour, corn meal, rye flour, sugar, salt, and baking powder together thoroughly. Peel, wash, and boil well 2 mealy potatoes, rub them through a sieve, diluting with water. When this is quite cold use it to mix flour, etc., into a batter. Pour into well-greased mold having a cover. Place it in saucepan half full of boiling water, where the loaf will simmer 1 hour, without water getting into it. Remove it then, take off cover, finish by baking in fairly hot oven about 30 minutes.

Boston Brown Bread, 2.—2 cups yellow Indian corn meal, 1 cup rye meal, 1 cup flour, 2 cups milk, 1 cup molasses, $\frac{1}{2}$ teaspoon salt, 3 teaspoons Royal Baking Powder. Mix well together, pour into greased brown-bread mold, steam 4 hours. Dry off 10 minutes in moderate oven.

Graham Unfermented Bread.— $1\frac{1}{2}$ pints Graham flour, $\frac{1}{2}$ pint flour, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, $1\frac{1}{4}$ pints milk, or equal parts milk and water. Sift together Graham flour, flour, sugar, salt, and powder; add the milk, or milk and water; mix rapidly into soft dough, which put into greased tin. Bake in rather hot oven about 40 minutes. Protect loaf with paper first 15 minutes.

Graham Bread with Eggs.—Mix together 3 cups Graham flour, 1 cup wheat flour, 2 teaspoons Royal Baking Powder, 1 teaspoon salt; rub in 1 tablespoon butter or other shortening. Beat 3 eggs; add 1 cup milk and 1 tablespoon molasses; stir into dry mixture. Add more milk if needed to make a drop batter. Put into a greased loaf-pan, smooth with knife dipped in cold water. Bake about 1 hour in moderate oven.

Graham Lunch Bread.— $1\frac{1}{2}$ pints Graham flour, $\frac{1}{2}$ pint flour, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, $\frac{3}{4}$ pint milk. Sift together Graham flour, flour, sugar, salt, and powder; add the milk; mix into smooth dough that can be easily handled. Flour the board, turn out dough, give it a quick, vigorous additional kneading to complete its smoothness; then divide into four large pieces, which form into long loaves, lay them just touching in a square shallow cake-pan, wash them over with milk. Bake in rather hot oven 30 minutes. When removing from oven rub them over with a little butter on a clean piece of linen.

Delicate Graham Bread (for Invalids).—1 pint Graham flour, 1 pint flour, 1 teaspoon sugar, 1 of salt, 2 of Royal Baking Powder. Sift all well together, rejecting coarse bran left in sieve; add $1\frac{1}{2}$ pints milk. Mix quickly into smooth, soft dough. Bake in 2 small greased tins 25 minutes. Protect with paper 10 minutes.

Graham Rolls.—1 pint Graham flour, 1 pint wheat flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon butter or lard, $\frac{3}{4}$ pint milk. Sift together Graham flour, flour, salt, and powder; rub in the shortening; add milk, and mix the whole into smooth dough that can be handled—not too soft; flour board, turn it out, and form into rolls shape and size of large fingers. Lay them on baking-sheet so that they will not touch. Wash their surfaces with soft brush dipped in milk to glaze them. Bake in hot oven from 10 to 12 minutes.

French Rolls.—Make dough as for lunch rolls. Knead on board. Divide into pieces size of an egg. Form each into a short, thick, tapering roll. Put together by twos, side by side, pinching ends together a little. Place on flat greased pans. Brush with milk. Bake in very hot oven.

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Rice and Indian Bread.—Beat 3 eggs very light; add 1 pint milk, 2 cups white Indian corn meal, 1 cup cold boiled rice, 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, $\frac{1}{2}$ cup more milk. Beat hard, bake in shallow greased pan in hot oven.

Norwegian Bread (for Dyspeptics).—1 pint barley meal, $\frac{1}{2}$ pint Graham flour, $\frac{1}{2}$ pint flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 pint milk. Sift together barley meal, Graham flour, flour, salt, and powder; mix into firm batter with the milk; pour into greased tin, bake in moderate oven about 40 minutes. Cover with paper 20 minutes.

Oatmeal Bread.— $\frac{1}{2}$ pint oatmeal, $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon salt, 3 teaspoons Royal Baking Powder, $\frac{1}{4}$ pint milk. Boil oatmeal in $\frac{1}{2}$ pints salted water 1 hour; add milk; set aside until cold. Then place in bowl, sift together flour, salt, and powder, and add. Mix smoothly and deftly. Bake in greased tin about 45 minutes, protected with paper 20 minutes.

Corn Bread (New Orleans).— $1\frac{1}{2}$ pints Indian corn meal, $\frac{1}{2}$ pint flour, 1 tablespoon sugar, 1 teaspoon salt, 2 heaping teaspoons Royal Baking Powder, 1 tablespoon butter or lard, $1\frac{1}{4}$ pints milk, 2 eggs. Sift together corn meal, flour, sugar, salt, and powder; rub in the shortening, add eggs (beaten) and the milk; mix into a moderately stiff batter; pour from bowl into shallow cake-pan. Bake in rather hot oven 30 minutes.

St. Charles Corn Bread.—1 pint Indian corn meal, 1 pint milk, 2 eggs, 1 tablespoon melted butter, 1 teaspoon salt, 1 teaspoon Royal Baking Powder; sift baking powder and salt with the corn meal; mix milk, melted butter and beaten eggs together, stir into the meal and beat hard for 2 minutes; pour into greased pan, bake about 30 minutes in hot oven.

Nonpareil Corn Bread.—2 heaping cups Indian corn meal, 1 cup flour, $2\frac{1}{2}$ cups milk, 1 tablespoon lard, 2 tablespoons sugar, 2 teaspoons Royal Baking Powder, 1 teaspoon salt. Beat 2 eggs, whites and yolks separately. Sift together dry ingredients, melt lard. Mix all together, beat hard 1 minute, turn into greased shallow pan, and bake about $\frac{1}{2}$ hour in hot oven.

Spider Corn Bread.—Beat 2 eggs with 2 tablespoons sugar. Add 1 pint milk, 1 teaspoon salt, $1\frac{1}{2}$ cup Indian corn meal, $\frac{1}{2}$ cup flour, 1 teaspoon Royal Baking Powder. In a spider melt 2 tablespoons butter; turn so as to grease sides. Pour in batter, add 1 cup milk, but do not stir. Bake about 30 minutes in hot oven. When done it should have a streak of custard through the middle.

Hominy Bread.—Mix together 1 pint soft-boiled hominy, 1 teaspoon salt, 2 tablespoons melted butter, 4 beaten eggs, 2 cups milk. Mix together 1 cup flour, 2 teaspoons Royal Baking Powder; add to batter, with more flour if needed to mix to a drop batter. Beat hard, bake in a shallow pan in very hot oven.

Entire Wheat Bread.—1 quart entire wheat flour, 1 teaspoon salt, 1 teaspoon sugar, 2 teaspoons Royal Baking Powder. Sift all well together; add sufficient liquid (water, milk, or equal quantities of each) to mix to a very thick batter or soft dough. Turn at once into a greased loaf-pan, smooth with knife dipped in cold water, and bake about 1 hour in moderate oven.

Rye Bread.—1 pint rye flour, $\frac{1}{2}$ pint Indian corn meal, $\frac{1}{2}$ pint wheat flour, 1 teaspoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon butter or lard, $\frac{3}{4}$ pint milk. Sift together rye flour, corn meal, flour, sugar, salt, and powder; rub in the shortening; add milk. Mix into smooth batter. Pour into well-greased tin, bake in moderate oven about 45 minutes. Protect loaf with paper first 20 minutes.

Mush Bread.—1 pint milk cooked in a double boiler, with sufficient Indian corn meal to make a thick mush. Cook 1 hour; add 1 tablespoon butter; stir, let cool; add 3 eggs, whites and yolks beaten separately, 1 cup flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Royal Baking Powder. Turn into shallow greased pan, bake 40 minutes in moderate oven.

Lunch Rolls.—1 quart flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon butter, 1 pint milk. Sift together flour, salt and baking powder. Melt butter and add to milk; stir this into flour, etc. With spoon mix to a smooth dough easily handled. Flour molding board, turn out dough, give 1 or 2 quick kneadings to give it smoothness. Roll out about $\frac{1}{2}$ inch thick, cut out with round cutter not too large; lay them in greased baking tin in even rows just touching; smooth over with clean muslin dipped in milk; bake in fairly hot oven 25 minutes or less; or, divide kneaded dough into pieces size of an egg, form each by hand into short, thick, tapering roll. Put together in twos, side by side, pinching ends together a little. Place on flat greased pans. Brush with milk. Bake in very hot oven.

Parker House Rolls.—Prepare firm dough as for lunch rolls. Knead and roll out $\frac{1}{2}$ inch thick. Cut into 3-inch circles. Press pencil down across middle of each; rub edges with soft butter. Double each, lay 1 inch apart on flat greased pans. Brush with milk, and bake in hot oven. If sweetening is liked sprinkle granulated sugar over rolls before folding.

Fruit Rolls.—Mix together 1 quart flour, 1 teaspoon salt, 2 tablespoons sugar, 2 teaspoons Royal Baking Powder; rub in 2 tablespoons butter. Cut fine $\frac{1}{4}$ pound citron, seed and halve $\frac{1}{4}$ pound raisins. Mix fruit evenly with dry ingredients, make to a firm dough with milk. Knead on board for a moment, divide into pieces size of egg, make into long rolls, lay 1 inch apart on flat greased pans, brush with milk. Bake in a very hot oven.

By baking at home with Royal Baking Powder instead of buying ready-made, you save money and get better and cleaner food.

Hot Biscuits, Cakes, and Muffins

EXPERIENCED housekeepers agree that breakfast is difficult to cater for. Even the appetite ordinarily easy to satisfy is likely to be captious when approaching the first meal of the day. Every article of food upon the breakfast-table, therefore, should be perfect—the coffee as clear as amber, the bacon white and crisp, the biscuits flaky, tender, delicious.

As a nation we approve of hot-breads, and most of all at the breakfast-table. And while we eat and enjoy them, we have the satisfaction of knowing that American methods and American cookery have made them healthful as well as appetizing and nutritious.

And of all the breakfast foods, nothing is so appetizing, so appetite-whetting, so always dependable, so satisfying, as the light, flaky, hot biscuit, with a crisp, brown crust, just from the oven, broken apart without use of knife, and spread with butter; or, to top off the meal, with honey, jam, or marmalade.

The very simplicity of the methods of making and the familiar, every-day use of this little hot bread-morsel have, however, sometimes led to lack of care in its preparation, so that we too seldom find it in perfection upon our tables.

With a basis of flour, salt, and Royal Baking Powder, we can add other ingredients to vary and enrich the cakes and biscuits generally known to the housewife, and produce in almost endless variety breakfast and luncheon foods that shall be dainty and delicious or substantial and hearty.

If eggs are scarce and high, if too much shortening disagrees with some member of the family, Royal Baking Powder permits the lessening of both or either of these ingredients, without impairing the delicacy or digestibility of the finished biscuit.

Royal Baking Powder is pure and healthful, and its use in excess can produce no harm; yet for cooking results it is best to be guided by the quantity specified in the receipts. Baking powder could be added until a dry, powdery biscuit resulted.

The mixing of the baking powder, flour, and other dry ingredients should be thorough and the liquid always added gradually. This is *imperative* if a delicate, evenly leavened biscuit is wanted. The other ingredients can then be added, following the special directions as given in each receipt.

In using shortening for biscuits, especially through the winter season, with some limitation, good, sweet home-made lard may take the place of butter. Butter will give a light cream color; lard whitens the biscuits. This

substitution will not do when considerable shortening is called for, as in cake; but in receipts where the quantity does not exceed 2 ounces or tablespoons to the quart of flour, butter may, in the majority of cases, be replaced by lard without impairing the taste.

Biscuits are mixed to a soft dough, which is turned out, patted down or rolled to a proper thickness, and then cut out and baked. From long experience it has been found that the result is much better and the food more digestible when the finished biscuit is small and not too thick. The scientific reason for this is that the oven heat necessary for biscuit, if they are made very large, will brown the outside before the center is as thoroughly baked as it ought to be. The dough should be rolled out until $\frac{1}{2}$ inch thick; the biscuits should be of medium size,—2 inches or less across,—and placed slightly apart in the pans. A favorite cutter of expert biscuit-makers is the open end (not the cover) of a $\frac{1}{4}$ -pound Royal Baking Powder can. A good oven heat will bake the biscuits perfectly in from 15 to 20 minutes, and even a dyspeptic can eat them without fear of consequences. The biscuits may, of course, be made thicker or thinner, as more or less of the soft inside part may be preferred, but the time of baking must be regulated accordingly.

The same directions will apply to hot baking powder breads made with a batter. If baked in a sheet the batter should rarely be more than an inch deep in the pan, sometimes less; if in cups or molds they should not be more than $\frac{3}{4}$ full. This allows the heat to penetrate the mixture quickly; the moisture and heat start the baking powder into life; each tiny grain of the powder acts on the materials surrounding it; the dough or batter expands, then is stiffened by the heat, and all the starch grains are thoroughly and evenly cooked.

Royal Hot Biscuit.—1 quart flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard or butter, 1 pint sweet milk, cold (never use sour milk); use cold water when milk cannot be obtained. Sift together flour, salt, and powder. Melt lard or butter, add to cold milk and stir into flour, etc., with spoon, mixing thoroughly to smooth consistent dough. Flour the board, turn out dough, roll out to thickness of $\frac{1}{2}$ inch, cut with small round cutter, lay them close together on greased baking-tin; bake in good hot oven. Old biscuits can be made fresh by moistening and placing in oven until heated through.

Breakfast Biscuit.—Take 1 quart sweet milk, $\frac{1}{2}$ cup melted butter, a little salt, 2 teaspoons Royal Baking Powder, flour enough to make a stiff batter; do not knead into dough, but drop into buttered tins from a spoon; bake in a hot oven—unless it is hot they will not be light and tender.

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Emergency Biscuit.—2 cups flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Royal Baking Powder; mix and sift; rub in 1 tablespoon butter. Mix to a thick batter with milk, drop by small spoonfuls on greased pans, and bake in quick oven.

Egg Biscuit.—Mix and sift well together 1 pint flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 1 teaspoon Royal Baking Powder. Beat 1 egg, add $\frac{1}{2}$ cup milk, stir into dry mixture, adding more milk if necessary to mix to soft dough. Turn out on board, knead for a moment, cut into circles, place 1 inch apart on greased pans. Brush with little beaten egg, and bake in very hot oven.

Sandwich Biscuit.—Sift together 1 pint flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Royal Baking Powder. Rub in 1 heaping tablespoon butter. Mix to a soft dough with milk. Roll out $\frac{3}{8}$ inch thick. Cut into rounds. On $\frac{1}{2}$ of the rounds spread a little soft butter, add a thick layer of finely chopped and seasoned cold meat; cover with remaining rounds and press together. Brush tops with milk, place 1 inch apart on greased pans, and bake in hot oven.

Nut Biscuit.—Sift together 2 cups flour, $\frac{1}{2}$ teaspoon salt, 1 heaping teaspoon Royal Baking Powder. Rub in 1 heaping tablespoon butter, add 1 cup ground or very finely chopped nuts—English walnuts, hickory-nuts, or almonds—and 2 tablespoons sugar; mix to a soft dough with milk. Mold with the hands into small balls, place well apart on greased pans, brush each with milk, put a pinch of chopped nuts on top, and bake in hot oven.

Royal Muffins.—Beat 3 eggs, add 1 pint milk, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, and sufficient flour to make a drop batter—about 3 cups—into which has been thoroughly sifted 2 teaspoons Royal Baking Powder. Beat hard for 1 minute, fill greased muffin-cups or -pans $\frac{2}{3}$ full, bake in hot oven about 20 minutes.

Boston Muffins.— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ pint Indian corn meal, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon butter, 3 eggs, and 1 pint (full measure) milk, 1 teaspoon extract cinnamon (which may be omitted without detriment). Sift together flour, corn meal, sugar, salt, and powder; rub in butter or lard; add eggs, beaten, milk, and extract cinnamon. Mix into batter a little stiffer than ordinary griddle-cake batter. Have griddle heated regularly all over; grease it, lay on it muffin-rings, also greased; half fill them with batter. As soon as risen to tops of rings, turn them over gently with cake-turner; bake nice brown on either side. They should bake in 7 or 8 minutes.

French Muffins.— $1\frac{1}{2}$ pints flour, 1 cup honey, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, 2 tablespoons butter, 3 eggs, and little over $\frac{1}{2}$ pint milk or thin cream. Sift together flour, salt, and powder; rub in butter, cold; add beaten eggs, milk or thin cream, and honey. Mix smoothly into batter as for pound cake; about $\frac{1}{2}$ fill sponge-cake tins, cold and fully greased, and bake in good steady oven 7 or 8 minutes.

Rice Muffins.—2 cups cold boiled rice, 1 pint flour, 1 teaspoon salt, 1 tablespoon sugar, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ pint milk, 3 eggs. Dilute rice, made free from lumps, with milk and beaten eggs; sift together flour, sugar, salt, and powder; add to rice preparation, mix into smooth, rather firm batter; muffin-pans to be cold and well greased, then fill $\frac{2}{3}$; bake in hot oven 15 minutes. 1 cup cold boiled hominy may be substituted for rice.

Rye Muffins.—1 pint rye flour, $\frac{1}{2}$ pint corn meal, $\frac{1}{2}$ pint flour, 1 teaspoon sugar, 1 teaspoon salt, 3 teaspoons Royal Baking Powder, 1 tablespoon butter, 2 eggs, 1 pint milk. Sift together rye flour, corn meal, flour, sugar, salt, and powder; rub in butter; add beaten eggs, and milk; mix into smooth, rather firm batter; muffin-pans to be cold and well greased, then fill $\frac{2}{3}$. Bake in hot oven 15 minutes.

Royal Corn Muffins.—1 pint Indian corn meal, 1 pint flour, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon butter or lard, 2 eggs, 1 pint milk. Sift together corn meal, flour, sugar, salt, and powder; rub in the shortening, add eggs, beaten, and milk; mix into batter of consistence of cup cake; muffin-pans to be cold and well greased, then fill $\frac{2}{3}$. Bake in hot oven 15 minutes.

English Muffins.—1 quart flour, $\frac{1}{2}$ teaspoon sugar, 1 teaspoon salt, 2 large teaspoons Royal Baking Powder, $1\frac{1}{4}$ pints milk. Sift together flour, sugar, salt, and powder; add milk, and mix into smooth batter trifle stiffer than for griddle cakes. Have griddle heated regularly all over, grease it, and lay on muffin-rings; half fill them, and when risen well up to top of rings, turn over gently with cake-turner. They should not be too brown—just a buff color. When all cooked, pull each open in half, toast delicately, butter well, serve on folded napkin, piled high and very hot.

Mountain Muffins.—Pour $1\frac{1}{4}$ cups scalding milk on 1 cup white Indian corn meal; cover; let stand 10 minutes; add 1 cup cold boiled rice; mix; add 1 cup flour mixed with 3 teaspoons Royal Baking Powder, 2 tablespoons sugar, 1 teaspoon salt, 2 well-beaten eggs, 2 tablespoons melted butter. Beat hard; bake in greased muffin-pans in hot oven.

Blueberry Muffins.—1 pint flour, $\frac{1}{4}$ teaspoon salt, 2 tablespoons melted butter, $\frac{1}{4}$ cup sugar, 2 small teaspoons Royal Baking Powder, 1 egg, 1 cup milk, 1 cup berries. Mix as for plain muffins; add berries last, dusting them with a little flour. Bake in muffin-pans in hot oven.

Royal Egg Muffins.—1 quart flour, 1 tablespoon sugar, 1 teaspoon salt, 1 large tablespoon butter, 2 teaspoons Royal Baking Powder, 3 eggs, $1\frac{1}{4}$ pints milk. Sift together flour, sugar, salt, and powder; rub in the butter; add the beaten eggs and milk; mix quickly into a smooth batter, a little firmer than for griddle cakes; $\frac{2}{3}$ fill cold, carefully greased muffin-pans; bake in hot oven 15 minutes.

Graham Muffins.—1 quart Graham flour, 1 tablespoon brown sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 egg, 1 pint milk. Sift together Graham flour, sugar, salt, and powder; add beaten egg and milk; mix into batter like pound cake; muffin-pans, well greased, $\frac{2}{3}$ full; bake in hot oven 15 minutes.

Oatmeal Muffins.—1 cup oatmeal, $1\frac{1}{2}$ pints flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, 2 eggs, 1 pint milk. Sift together oatmeal, flour, salt, and powder; rub in lard cold, add beaten eggs and milk; mix smoothly into batter rather thinner than cup cake; fill muffin-pans $\frac{2}{3}$ full; bake in good hot oven 15 minutes.

Potato Muffins.—Boil and mash 3 potatoes; add 1 teaspoon salt, 1 tablespoon butter; beat well. Add 2 beaten eggs, $\frac{1}{2}$ cup milk, flour to make a drop batter, and 1 teaspoon Royal Baking Powder. Bake on hot greased griddle in greased rings.

Sweet Muffins.—1 cup sugar, 1 egg, 1 tablespoon melted butter, 1 pint sweet milk, 3 cups flour, 2 teaspoons Royal Baking Powder, 1 teaspoon salt. Mix and sift dry ingredients; add milk and beaten egg and butter. Beat hard, bake in greased muffin-pans.

Butter Cakes.—Mix 1 quart flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder. Rub in 3 tablespoons butter. Mix to a soft dough with milk, roll out $\frac{1}{4}$ inch thick, cut in round cakes. Lay on a moderately hot greased griddle, and when pale brown turn and brown on other side. Tear open, butter liberally, and send to table.

Gems.—1 pint flour, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 3 teaspoons melted butter, 1 cup milk, 3 eggs, whites and yolks beaten separately. Mix as for muffins, adding beaten whites last; bake in hot, well-greased iron gem-pans.

Royal Graham Gems.— $1\frac{1}{2}$ pints Graham flour, $\frac{1}{2}$ pint Indian corn meal, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, $1\frac{1}{4}$ pints milk. Sift together Graham flour, corn meal, salt, and powder. Add the milk, and mix into a moderately stiff batter. $\frac{1}{2}$ fill cold gem-pans well greased. Bake in a hot oven 10 to 12 minutes.

Rice Gems.—1 egg, 1 cup milk, 1 cup cold boiled rice, 1 cup flour, 1 teaspoon Royal Baking powder, $\frac{1}{4}$ teaspoon salt, 1 tablespoon melted butter. Mix as for plain gems, and bake in hot oven in gem-pans.

Apple Gems.—Chop fine 4 sour apples, add 1 beaten egg, 2 tablespoons molasses, $1\frac{1}{2}$ cups Indian corn meal, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder. Add sufficient milk to make thick drop batter, and bake in hot greased gem-pans.

Rice Crumpets.—3 eggs, $1\frac{1}{2}$ cups milk, 1 cup cold boiled rice, 1 tablespoon melted butter, 1 cup Indian corn meal, $\frac{1}{2}$ cup flour, 2 teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt. Mix in order named, and bake in crumpet-rings on hot greased griddle.

Crumpets.—Melt 1 heaping tablespoon lard; add 2 beaten eggs and $1\frac{1}{2}$ cups milk. Beat well, add 1 teaspoon salt, 2 teaspoons sugar, 3 teaspoons Royal Baking Powder sifted with $2\frac{1}{2}$ cups flour. Crumpet-rings are larger than muffin-rings. Put greased rings on hot greased griddle; fill $\frac{2}{3}$ full with batter. Turn when half done.

London Crumpets.— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 2 teaspoons Royal Baking Powder, 1 egg, nearly a pint milk and cream in equal parts, 1 teaspoon extract cinnamon. Sift together flour, salt, sugar, and powder; add beaten egg, milk, cream, and extract; mix into rather firm batter; half fill large greased muffin-rings on hot, well-greased griddle. Bake on one side of them only. Serve hot with cottage cheese.

Hominy Crumpets.—1 scant cup boiled hominy, 2 cups milk, 1 tablespoon sugar, 1 teaspoon salt, 2 tablespoons melted butter, enough flour to make thin drop batter, with 2 teaspoons Royal Baking Powder sifted into the first cup. Bake as directed for plain crumpets.

Bannocks.—Scald 2 cups Indian corn meal with just enough boiling water to moisten. Cover; let stand 30 minutes; add 4 beaten eggs, 2 cups milk, 1 teaspoon salt, 2 tablespoons melted butter, 1 cup flour, 1 teaspoon Royal Baking Powder. Bake in greased shallow pans in hot oven.

Slappers.—Put 2 cups Indian corn meal in bowl with $\frac{1}{2}$ teaspoon salt and 2 tablespoons butter. Pour on slowly sufficient boiling water to thoroughly moisten without being sloppy. Cover; let stand for some hours or overnight. Add 3 well-beaten eggs, 1 cup milk, and 1 cup wheat flour, the first half-cupful of flour being mixed with 2 teaspoons Royal Baking Powder, to make a very thick drop batter. Drop by spoonfuls on a hot greased griddle, cook slowly till brown, turn and brown other side.

Scotch Scones.—1 quart flour, 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, 1 large tablespoon lard, 2 eggs, nearly 1 pint milk. Sift together flour, sugar, salt, and powder; rub in lard cold; add beaten eggs and milk; mix into dough smooth and just consistent enough to handle. Flour the board, turn out dough, give it one or two quick kneadings to complete its smoothness; roll it out with rolling-pin to $\frac{1}{8}$ inch in thickness, cut with sharp knife into squares larger than soda crackers, fold each in half to form three-cornered pieces. Bake on hot griddle 8 or 10 minutes; brown on both sides.

Hot Cross Buns.—Sift together 1 quart flour, $\frac{1}{2}$ teaspoon salt, 1 cup sugar, 3 scant teaspoons Royal Baking Powder. Rub in $\frac{1}{2}$ cup butter, then add $\frac{1}{2}$ pound cleaned currants, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{4}$ pound cut citron, $\frac{1}{4}$ pound seeded raisins, $\frac{1}{2}$ teaspoon allspice. Beat 2 eggs, add $\frac{1}{2}$ cup milk, and stir into the dry mixture, adding enough more milk to mix to a firm dough. Mold into round buns, lay 2 inches apart on greased pans, brush with milk. Cut cross on each, sprinkle cut with granulated sugar, bake in hot oven.

German Coffee Cake.—Sift together 3 cups flour, $\frac{1}{2}$ teaspoon salt, 3 tablespoons sugar, 2 scant teaspoons Royal Baking Powder. Rub in 2 heaping tablespoons butter. Beat 2 eggs, add $\frac{3}{4}$ cup milk, stir into dry mixture, adding more milk if necessary to mix to very stiff batter. Spread $\frac{3}{8}$ inch thick in well-buttered shallow pan. Mix together 2 tablespoons flour, 4 tablespoons granulated sugar, 1 heaping tablespoon cinnamon. Rub in 2 tablespoons butter until it is crumbly. Spread thickly over top of dough, bake about $\frac{1}{2}$ hour in moderate oven.

Drop Cakes.—1 pint flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon sugar, 1 teaspoon Royal Baking Powder sifted together. Rub in $\frac{1}{2}$ tablespoon lard. Mix with milk to a thick batter. Drop by spoonfuls on greased pans, and bake in a very hot oven.

Yorkshire Breakfast Cake.—Sift together 3 cups flour, $\frac{1}{2}$ teaspoon salt, 3 level teaspoons Royal Baking Powder. Rub in 1 heaping tablespoon butter. Mix to a soft dough with milk. Roll out $\frac{1}{2}$ inch thick. Place without cutting on hot greased griddle, and cover. Place on moderate fire, cook about 10 minutes. Slip off on board, turn without breaking, return to griddle and cook 10 minutes longer. Break into pieces and serve with butter.

Royal Sally Lunns.—Sift together 1 pint flour, $\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt. Stir in the beaten yolks of 2 eggs mixed with $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup melted butter. Beat hard, add the whites whipped to a stiff froth. Bake in well-greased muffin-pans in a hot oven.

Rusks.— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar, 2 teaspoons Royal Baking Powder, 2 tablespoons butter, 3 eggs, 1 teaspoon each extract nutmeg and cinnamon, $\frac{3}{4}$ pint milk. Sift together flour, salt, sugar, and powder; rub in butter; add milk, beaten eggs, and extracts. Mix into dough soft enough to handle; flour the board, turn out dough, give it quick turn or two to complete its smoothness. Roll under the hands into round balls size of a small egg; lay them on greased shallow cake-pan, put very close together, sprinkle a little sugar over, bake in moderately heated oven about 30 minutes.

Yankee Puffs.—Mix together $1\frac{1}{2}$ cups flour, $\frac{1}{4}$ teaspoon salt, scant teaspoon Royal Baking Powder, 1 tablespoon sugar. Cream 1 tablespoon butter, add the beaten yolks of 2 eggs, then alternately the dry mixture and $1\frac{1}{2}$ cups milk, $\frac{1}{2}$ teaspoon vanilla, whipped whites of 2 eggs. Bake in hot greased muffin-pans in a hot oven.

German Puffs.—1 pint flour, 2 tablespoons sugar, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 3 tablespoons butter, 4 eggs, 1 cup cream. Cream butter and sugar; add beaten eggs, then, alternately, the cream and dry ingredients sifted together. Bake in well-greased cups in hot oven.

Peculians.—1 pint flour, sifted with 1 teaspoon Royal Baking Powder and a little salt; add 1 egg; mix with 1 pint sweet milk, beat well to a batter, and bake quickly in buttered gem-pans already hot.

Fritters and Waffles

FITTERS are served as a vegetable or a sweet, for a lunch, dinner, or supper, according to the ingredients used in making them. Whether sweet or plain, the foundation batter is much the same, and, with some additions, the first receipt given in this chapter can be used for many kinds of fritters. By the use of Royal Baking Powder a fine fritter batter may be stirred up in a moment, and a meal which it may be thought necessary to extend, perhaps because of unexpected guests, can be embellished by the addition of a delicate and tasty dish.

A fritter batter which is to be used as a medium for whole or sliced fruit should be quite thin, as it is to serve as a cover for the fruit. When chopped fruits or vegetables are stirred in, or the batter is to be used plain, it should be thick enough to retain its shape when dropped by spoonfuls into the frying-kettle. The fat should be deep enough to cover the fritters, and it should be smoking hot when used. Each fritter will at first sink to the bottom of the kettle; then, as the heat starts the baking powder into action and the dough begins to swell, it will rise to the surface, and should be gently turned, the turning to be repeated until the fritter is finely colored. Most fritters are done within five minutes, the time needed to cook them being determined by one which should be cooked as a tester.

The very word "waffles" brings to our minds a host of pleasant recollections. The only drawback, in the old days, was that they must be started so long before they were ready for the irons, for home-made yeast took time to raise the batter to the requisite degree of lightness. Now, by the use of Royal Baking Powder, they can be prepared in five minutes. They are better than of old, too, for there is no yeasty taste to them; they are light, tender, and toothsome, and, what is most important, entirely digestible and wholesome.

Plain Fritter Batter.—1 cup flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, $\frac{1}{4}$ teaspoon salt, 2 eggs, 1 cup milk. Sift dry ingredients together; add beaten eggs and milk; beat till smooth.

Fruit Fritters.—Any kind of fruit may be made into fritters, as directed for apple fritters. Whole canned fruits, drained from syrup, may also be used. Apples and other fruits may also be prepared, coarsely chopped, stirred into a plain fritter batter, and dropped by small spoonfuls into smoking hot fat, finishing as already directed.

Banana Fritters.—Peel bananas, cut in lengthwise slices. Let them steep an hour with sugar and lemon juice, dip in fritter batter, and fry as directed for apple fritters.

Apple Fritters.—4 large sound apples, peeled, cored, and cut each into 4 slices, $\frac{1}{2}$ gill wine, 2 tablespoons sugar, 1 teaspoon extract nutmeg. Place slices of apples in bowl with sugar, wine, and extract; cover with plate; set aside to steep two hours, then dip each slice in plain fritter batter, fry to light brown in plenty of lard made hot for the purpose; serve with sugar.

Corn Fritters.—To 1 pint scraped corn add $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup flour, 1 tablespoon melted butter, 2 beaten eggs, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 1 teaspoon Royal Baking Powder. Beat well, and fry in small spoonfuls as directed.

Clam Fritters.—Wash and dry 25 good-sized clams or 2 strings soft-shell clams, discarding black part. Chop fine. Make a plain fritter batter, using the clam liquor (or that and milk) in place of milk. Stir in the chopped clams, season well with salt and pepper, and fry as directed.

Oyster Fritters.—Substitute oysters for clams as in above receipt.

Pineapple Fritters.—Sprinkle half-inch slices of fresh pineapple with sugar and sherry; let stand 1 hour. Dip each into plain fritter batter, drop into deep kettle of smoking hot fat, fry brown. Drain on paper and sprinkle with powdered sugar.

Meat Fritters.—Cut cold cooked meat in slices or fingers and dip in batter; or chop and stir into the batter, seasoned with salt, pepper and herbs or chopped onion, as desired. Fry as directed.

Rice Fritters.—1 cup rice, 1 pint milk, 3 eggs, 1 tablespoon sugar, 2 tablespoons butter. Boil rice in milk until soft and all the milk is absorbed, then remove, add yolks of eggs, sugar, and butter; when cold add whites, whipped to dry froth; drop in spoonfuls in plenty of lard, made hot for the purpose; fry them deep buff color. Serve with cream, wine or lemon sauce.

Hominy Fritters.—To 1 pint hot boiled hominy add 2 beaten eggs, $\frac{1}{2}$ teaspoon salt, dash of pepper, $\frac{1}{2}$ cup milk. When cool add flour to make a thin drop batter, and 1 teaspoon Royal Baking Powder. Beat and drop in hot fat by small spoonfuls.

Waffles.—Sift together 1 quart flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 2 teaspoons Royal Baking Powder. Rub in $\frac{1}{2}$ cup butter. Add 3 eggs, whites and yolks beaten separately, and sufficient milk to make a thin batter. Cook in hot greased waffle-irons.

German Waffles.—1 quart flour, $\frac{1}{2}$ teaspoon salt, 3 tablespoons sugar, 2 large teaspoons Royal Baking Powder, 2 tablespoons lard, rind of 1 lemon, grated, 1 teaspoon extract cinnamon, 4 eggs, and 1 pint thin cream. Sift together flour, sugar, salt, and powder; rub in lard cold; add beaten eggs, lemon rind, extract, and milk. Mix into smooth, rather thick batter. Bake in hot waffle-iron, serve with sugar flavored with extract of lemon.

Rice Waffles.—Into a batter as directed for soft waffles stir 1 cup of rice, free from lumps; cook as directed in same receipt.

Soft Waffles.—1 quart flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 2 teaspoons Royal Baking Powder, 1 large tablespoon butter, 2 eggs, $1\frac{1}{2}$ pints milk. Sift together flour, salt, sugar, and powder; rub in butter cold; add beaten eggs and milk; mix into smooth, consistent batter that will run easily and limpid from mouth of pitcher. Have waffle-iron hot and carefully greased each time; fill $\frac{3}{8}$, close it up; when brown turn over. Sift sugar on them, serve hot.

Virginia Waffles.—Cook $\frac{1}{2}$ cup white Indian corn meal in $1\frac{1}{2}$ cups boiling water 30 minutes, adding $1\frac{1}{2}$ teaspoons salt. Add $1\frac{1}{2}$ cups milk, 2 tablespoons sugar, 2 tablespoons melted butter, 2 cups flour mixed with 2 heaping teaspoons Royal Baking Powder, and 2 eggs, whites and yolks beaten separately. Cook in hot, well-greased waffle-iron.

Jolly-boys.—Mix and sift together 3 cups rye meal, 1 cup flour, $\frac{1}{2}$ cup Indian corn meal, $\frac{1}{4}$ teaspoon powdered cinnamon, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, and 2 tablespoons sugar. Add 1 beaten egg, 2 tablespoons molasses, and sufficient cold water to make a thick batter. Drop by small spoonfuls in a kettle of smoking-hot fat, and cook till brown

Griddle Cakes, Etc.

THE griddle cake as made to-day with Royal Baking Powder is another article of food which has taken high rank upon the American table. The heavy, sour, grease-soaked, indigestible griddle cake of old is, where modern methods are employed, a thing of the past. The properly made griddle cake is a delicious food, healthful, appetizing, and nutritious.

Raising the griddle cake with yeast is altogether obsolete with expert cooks. Mixtures of soda, saleratus, sour milk, buttermilk, etc., are likewise not permissible. Royal Baking Powder has altogether redeemed the griddle cake. It makes the cake light, tender, digestible, and its preparation and baking are the work of a moment only.

Royal Baking Powder, plain, sweet milk, flour, and a little salt make a food fit for a feast. Eggs add to richness of griddle cakes but are really non-essential.

The batter must be thin, the cakes made small and not too thick,—about a good $\frac{1}{8}$ inch thick when baked,—browned, and neatly turned. The griddle must be merely rubbed with grease, not grease-soaked. This is highly important. Take a thick piece of salt pork on a fork, or a lump of suet in a piece of cheese-cloth, and rub lightly over the hot griddle and pour the batter on immediately.

Remember that buckwheat is one of the most difficult flours to lighten. Where it enters into combination with other materials this fact must be recognized and a some-

what larger proportion of Royal Baking Powder allowed. Made in the manner directed in these receipts buckwheat cakes can be safely and profusely eaten by every one.

Royal Wheat Cakes.—This is the best plain hot griddle cake without eggs. The cakes will be light, tender, and healthful. 1 quart flour, 3 teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt. Sift well together and add sweet milk to make into a soft batter. Bake immediately on hot griddle. Should be full $\frac{1}{4}$ inch thick when baked. Smother with butter and maple syrup or honey.

Griddle Cakes with Eggs.—3 cups flour, 2 teaspoons Royal Baking Powder, 1 teaspoon salt. Mix well together, add 2 well-beaten eggs and sufficient sweet milk to make a thin drop batter. Bake at once on a hot, well-greased griddle. Make them thin.

Graham Griddle Cakes.—1 pint Graham flour, $\frac{1}{2}$ pint Indian corn meal, $\frac{1}{2}$ pint flour, 1 heaping teaspoon brown sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, 1 egg, $\frac{1}{2}$ pint each of milk and water. Sift together Graham flour, corn meal, flour, sugar, salt, and powder. Add beaten egg, milk, and water. Mix together into a smooth batter. Heat griddle hot, pour batter into cakes as large as a tea saucer. Bake brown on one side, carefully turn and brown other side. Pile one on the other, serve very hot, with sugar, milk, cream, or maple syrup.

Cereal Griddle Cakes.—1 cup any cold cooked cereal, mash fine to free from lumps, add 1 beaten egg, yolk and white separate, $\frac{1}{2}$ teaspoon Royal Baking Powder, beat thoroughly. Drop by spoonfuls on hot griddle and serve when brown with syrup.

Geneva Griddle Cakes.— $1\frac{1}{2}$ pints flour, 4 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 2 tablespoons butter, 4 eggs, nearly $\frac{1}{2}$ pint milk. Rub butter and sugar to white, light cream; add yolks of eggs, 1 at a time. Sift flour, salt, and powder together; add to butter, etc., with milk and egg whites whipped to dry froth; mix together into a smooth batter. Bake in small cakes; as soon as brown, turn and brown the other side. Have buttered baking-tin; fast as browned, lay them on it, and spread raspberry jam over them; then bake more, which lay on others already done. Repeat this until you have used jam twice, then bake another batch, which use to cover them. Sift sugar plentifully over them, place in a moderate oven to finish cooking.

Three-egg Griddle Cakes.—3 cups milk, 2 heaping cups flour, $\frac{1}{2}$ teaspoon salt, 3 eggs, 2 teaspoons Royal Baking Powder. Mix as for plain griddle cakes, adding whites and yolks of eggs beaten separately.

Indian Griddle Cakes.— $\frac{2}{3}$ quart corn meal, $\frac{1}{2}$ quart flour, 1 teaspoon brown sugar, $\frac{1}{2}$ teaspoon salt, 2 heaping teaspoons Royal Baking Powder, 2 eggs, 1 pint milk. Sift together corn meal, flour, salt, sugar, and powder, add beaten eggs and milk, mix into a smooth batter. Bake on very hot griddle to a nice brown. Serve with molasses or maple syrup.

Rice Griddle Cakes.—2 cups cold boiled rice, 1 pint flour, 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 egg, little more than $\frac{1}{2}$ pint milk. Sift together flour, sugar, salt, and powder; add rice free from lumps, diluted with beaten egg and milk; mix into smooth batter. Have griddle well heated, bake nice brown, not too thick; serve with maple syrup. 1 cup of cold boiled hominy may be substituted for rice.

Crushed Wheat Griddle Cakes.—1 cup crushed wheat, $1\frac{1}{2}$ pints flour, 1 teaspoon brown sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, 1 egg, 1 pint milk. Boil 1 cup crushed wheat in $\frac{3}{4}$ pint of water 1 hour, then dilute with beaten egg and milk. Sift together flour, sugar, salt, and powder; add to crushed wheat preparation when quite cold; mix into smooth batter. Bake on hot griddle; brown delicately on both sides; serve with hygienic cream sauce.

Corn Meal Griddle Cakes.—2 cups corn meal, 1 cup flour, $\frac{1}{2}$ teaspoon salt, 1 tablespoon molasses, 2 teaspoons Royal Baking Powder, milk or milk and water to mix to thin batter. Bake as already directed.

Royal Buckwheats.—This is the most delicious of all the griddle cakes. The old-fashioned buckwheat cakes made with yeast or raised overnight by means of batter from previous day were apt to be either sour or heavy and disagreeable effects naturally followed their eating. Now by the use of Royal Baking Powder to raise the batter, these objections have been entirely overcome, and buckwheat cakes are made a most delicious and perfectly wholesome food that can be eaten by any one without the slightest digestive inconvenience. 2 cups pure buckwheat (do not use the so-called "prepared" or "self-raising" flours), 1 cup wheat flour, 2 tablespoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, all sifted well together. Mix with sweet milk into thin batter, and bake at once on a hot griddle.

Buckwheat Cakes.—To $1\frac{1}{2}$ pints pure buckwheat flour (never use prepared or self-raising flour) add $\frac{1}{4}$ pint each wheat flour and Indian meal, 3 heaping teaspoons Royal Baking Powder, 1 teaspoon salt, 1 tablespoon brown sugar or molasses. Sift well together, in dry state, buckwheat, Indian meal, wheat flour, and baking powder, then add remainder; when ready to bake add 1 pint water or sufficient to form smooth batter that will run in a stream (not too thin) from pitcher; make griddle hot and cakes as large as a saucer. When surface is covered with air-holes it is time to turn cakes over; take off when sufficiently browned.

Bread Cakes.— $\frac{1}{2}$ pound bread, 1 pint flour, 1 teaspoon brown sugar, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{3}{4}$ pint milk, 1 egg. Put bread, free from crust, to steep in warm water. When thoroughly soaked, wring dry in a towel; dilute with beaten egg and milk. Sift together flour, sugar, salt, and powder, add to prepared bread, mix together into a smooth batter. Bake on well-heated griddle. Serve with sugar and cream.

Wheat (or Flannel) Cakes.— $1\frac{1}{2}$ pints flour, 1 tablespoon brown sugar, 1 teaspoon salt, 2 heaping teaspoons Royal Baking Powder, 2 eggs, $\frac{1}{2}$ pints milk. Sift together flour, sugar, salt, and powder; add beaten eggs and milk, mix into smooth batter that will run in rather continuous stream from pitcher. Bake on good hot griddle rich brown color, in cakes large as tea saucers. Serve with maple syrup.

Pancakes.—1 pint flour, 6 eggs, 1 saltspoon salt, 1 teaspoon Royal Baking Powder, and milk to make a thin batter. Add the baking powder to the flour, beat the whites and yolks of eggs separately; add the yolks, salt, 2 cups milk, then the whites and the flour alternately with milk, until the batter is of right consistency. Run 1 teaspoon lard over the bottom of a hot frying-pan, pour in a large ladleful of batter, and fry quickly. Roll pancake up like a sheet of paper, lay upon a hot dish, put in more lard, and fry another pancake. Keep hot over boiling water. Send $\frac{1}{2}$ dozen to table at a time. Serve with sauce, jelly, or preserves.

English Pancakes.—1 pint milk, 2 eggs, 1 tablespoon sugar, 1 cup flour, 1 teaspoon Royal Baking Powder, 1 cup cream, pinch salt. Sift flour, salt, and powder together; add to it eggs beaten with sugar and diluted with milk and cream; mix into thin batter. Have small round frying-pan; melt little butter in it; pour about $\frac{1}{2}$ cup batter in it, turn pan round, that batter may cover the pan, put on hot fire; turn it and brown other side. Butter each and roll it up; sprinkle with powdered sugar.

French Pancakes.—Proceed as directed for English pancakes; when all are done, spread each with any kind of preserves, roll up, sift over plenty sugar, glaze with red-hot poker.



Cakes

Flour

FANCY-CAKE makers and confectioners prefer to use "pastry" flour for the making of cakes and pastry, which is a flour of different grade from that used for bread and general baking purposes. Bread flour contains a large proportion of gluten, the nitrogenous property of the wheat grain, which gives bone and muscle, and makes bread a nutritious food. When bread flour is used for cake and pie crust the result is not quite as flaky and light as it should be, because of the gluten in the flour. A special sack of pastry flour for use in making fine cakes and pastry will be advantageous. In appearance pastry flour is whiter than bread flour. When rubbed between the fingers it feels as soft and fine as corn-starch; if squeezed in the hand it forms a firm ball. Because of this tendency to "pack" it should always be sifted very thoroughly.

Generally speaking, Royal Baking Powder

used with any good flour will make satisfactory cake which will be creditable to any housekeeper.

Royal Baking Powder

In no department of cookery is Royal Baking Powder of greater use and importance than in making fine cake. Eggs are too expensive nowadays to be used as lavishly as they were a generation ago—ten or more to a cake. Not as a substitute wholly, but as an accessory,—as an aid toward producing the lightness and digestibility of the food,—we use the Royal Baking Powder. We thereby obtain uniformly good results and do a large amount of work at a minimum expense. The quantity called for by the receipt should be thoroughly mixed with the flour before the latter is sifted.

The Royal Baking Powder has worked a revolution in cake-making. It is now no trouble to make at home the finest cakes in almost endless variety, which shall rival the productions of the confectioner. If you follow these directions there will be no spoiled or heavy cakes, no wasted materials through failures in mixing or baking.

To Mix Cakes Containing Butter

Cream the butter, beating till light. Gradually add the sugar, beating till light and creamy. Add the yolks of eggs beaten till light, then the flavoring. Beat in alternately the liquid and flour, the latter mixed with salt and baking powder. Lastly, add the beaten whites, and fruit, if used.

To Mix Cakes Containing No Butter

Beat the egg yolks until very light and thick. Add the sugar gradually, beating till very light and spongy. Add the flavoring and liquid, if used. Have the whites of eggs whipped to a stiff froth. Add them alternately with the sifted flour (mixed with baking powder), and cut both in very lightly and quickly.

To Bake Cakes

Thin cakes need a hotter oven than loaf cakes. Cakes without butter (sponge cakes) should have a more moderate, longer baking than cakes of same size containing butter. The process of baking may be divided into four periods or quarters of time: in first quarter the cake begins to rise; in second quarter it is still rising and begins to color; in third quarter it browns all over; in last quarter it shrinks from sides of pan.

To test, insert a clean broom-straw into the middle of the cake; if it comes out clean, the cake is done. Hold the pan to the ear; it should scarcely "sing."

Line loaf-cake pans with buttered paper; fruit cakes need several thicknesses of the same.

Do not use sour milk, buttermilk, or any of the so-called prepared or self-raising flours.

Weights and Measures

1 cup, medium size	$\frac{1}{2}$ pint or $\frac{1}{4}$ pound
4 cups, medium size, of flour weigh	1 pound.
1 pint flour weighs	$\frac{1}{2}$ pound.
1 pint white sugar weighs	1 pound.
2 tablespoons of liquid weigh	1 ounce.
8 teaspoons of liquid weigh	1 ounce.
1 gill of liquid weighs	4 ounces.
1 pint of liquid weighs	16 ounces.

Cakes Requiring More Than Four Eggs

ANGEL FOOD CAKE.—Whites 11 eggs, $1\frac{1}{2}$ cups fine granulated sugar, 1 cup flour sifted four times with 1 teaspoon Royal Baking Powder, 1 teaspoon vanilla. Whip the whites to a firm, stiff froth. Cut in lightly the sugar, then the flour mixed with the baking powder, lastly the vanilla. Pour into an ungreased pan and bake 40 minutes in moderate oven. When baked invert pan on 2 cups; let stand till cold.

Bride's Cake.—1 scant cup butter, 3 cups sugar, 1 cup milk, whites 12 eggs, 3 teaspoons Royal Baking Powder, 1 cup corn-starch, 3 cups flour, $\frac{1}{4}$ teaspoon salt. Cream butter and sugar. Mix flour, baking powder, and corn-starch, and add alternately with milk and whipped whites. Flavor with vanilla or almond extract and bake in loaf-tin lined with 4 thicknesses of paper; have oven moderate.

Chocolate Cream Cake.— $1\frac{1}{2}$ pounds each butter, sugar, and flour, 14 eggs. Beat the yolks separate with sugar and butter. Beat the whites separately, and add to above. To $\frac{1}{2}$ of the dough mix $\frac{1}{4}$ pound chocolate, and bake of each part (the dark and light) 6 cakes. For filling take $\frac{3}{4}$ pint cream, yolks 8 eggs. Sugar to taste; flavor with extract vanilla, put on fire and stir until it thickens, then put between the cakes.

Centennial Cake.— $\frac{3}{4}$ pound butter, $1\frac{1}{2}$ pounds brown sugar, 6 eggs, 2 cups milk, $1\frac{3}{4}$ pounds flour, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, $\frac{3}{4}$ pound cleaned currants, $\frac{1}{4}$ pound seeded raisins, $\frac{1}{4}$ pound sliced citron, 1 grated nutmeg, 1 glass wine. Dredge fruit well with a little of the flour. Mix flour, salt, and baking powder. Cream butter and sugar. Add beaten yolks, nutmeg, and wine. Beat in alternately the milk and flour, add whipped whites, and beat hard. Stir in prepared fruit. Line 2 loaf-pans with 3 thicknesses of paper. Divide the batter between the pans and bake about $1\frac{1}{4}$ hours in moderate oven.

Cocoanut Loaf Cake.— $\frac{1}{2}$ cup butter, 1 cup sugar, 5 eggs, 2 cups flour, 1 cup milk, 2 teaspoons Royal Baking Powder, $\frac{1}{4}$ teaspoon salt, 2 cups freshly grated cocoanut. Put together same as chocolate loaf-cake, and bake in loaf-pan in moderate oven.

Cocoanut Layer Cake.— $\frac{1}{2}$ cup butter, $1\frac{1}{4}$ cups sugar, whites 8 eggs, $2\frac{1}{2}$ cups flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder, 1 teaspoon vanilla. Mix flour, salt, and baking powder. Cream butter and sugar. Add vanilla, then, alternately, the flour and whipped whites. Beat hard; bake in 3 layer-cake pans. When cold put together with cocoanut filling, No. 2 (see Fillings).

Citron Cake.— $1\frac{1}{2}$ cups butter, 2 cups sugar, 6 eggs, 1 teaspoon Royal Baking Powder, 1 pint flour, 1 cup citron cut in thin, large slices, 1 teaspoon extract nutmeg. Rub the butter and sugar to a smooth, light cream, add the eggs, 2 at a time, beating 5 minutes after each addition. Sift the flour and powder together, which add to the butter, etc., with the citron and extract nutmeg. Mix into a firm batter, and bake carefully in paper-lined shallow, flat cake-pan, in a moderate oven, 50 minutes.

Cream Cakes (Éclaires à la Crème).—10 eggs, $\frac{1}{2}$ cup butter, $\frac{3}{4}$ pound flour, 1 pint water. Set the water on the fire in a stew pan with the butter; as soon as it boils, stir in the sifted flour with a wooden spoon; stir vigorously until it leaves the bottom and sides of pan; remove from fire, beat in the eggs, 1 at a time. Place this batter in a pointed canvas bag having a nozzle at small end, press out the batter, in shape of fingers, on a greased tin, a little distance apart. Bake in steady oven 20 minutes. When cold, cut the sides and fill with following:

PASTRY CREAM

2 cups sugar, $1\frac{1}{2}$ pints milk, 3 large tablespoons corn-starch, yolks of 5 eggs, 1 tablespoon good butter, 2 teaspoons extract vanilla. Bring the milk to a boil; with the sugar add the starch dissolved in a little cold water; as soon as it reboils, take from the fire. Beat in the egg yolks. Return to the fire 2 minutes to set the eggs. Add the extract and butter. Spread tops, when cold, with chocolate or vanilla icing.

Cream Cake.— $\frac{3}{4}$ cup butter, 2 cups sugar, $1\frac{1}{2}$ pints flour, 5 eggs, 1 teaspoon Royal Baking Powder, 1 cup milk. Rub the butter and sugar to a white, light cream. Add the eggs, 2 at a time, beating 5 minutes after each addition. Sift the flour with the powder, which add to the butter, etc., and the milk. Mix into rather thin batter, and bake in jelly-cake tins, well greased, in hot oven 15 minutes. When cold spread pastry cream between the layers, and ice the top with clear icing. (See Pastry Cream, above.)

Currant Cake (English).— $1\frac{1}{2}$ cups butter, 2 cups sugar, 7 eggs, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ cup citron, in small, thin slices, the rind of an orange, peeled very thin and cut in shreds, 2 cups currants, washed and picked, $1\frac{1}{2}$ pints flour, 1 teaspoon extract nutmeg. Rub the butter and sugar to a white, light cream. Add the eggs, 2 at a time, beating 5 minutes after each addition. Sift the flour and powder together. Add it to the butter, etc., with the citron, orange peel, currants, and the extract. Bake in a thickly paper-lined tin 1 hour and 25 minutes, in a moderate oven.

Continental Fruit Cake.—1 pound butter, 1 pound sugar, $1\frac{1}{2}$ pounds flour, 1 cup cream, 1 wine-glass each brandy and wine, 1 grated nutmeg, 1 teaspoon each mace and cloves, 2 teaspoons cinnamon, $\frac{1}{4}$ teaspoon salt, 8 eggs, $\frac{3}{4}$ pound each raisins and currants, $\frac{1}{2}$ pound shred citron. Put together as for centennial cake, and bake in 2 loaves in moderate oven, lining pans with 3 thicknesses of paper.

Duchesse Cake.— $1\frac{1}{2}$ cups butter, 1 cup sugar, 6 eggs, 1 teaspoon Royal Baking Powder, 1 pint flour, 1 teaspoon extract cinnamon. Rub the butter and sugar to a light cream. Add the eggs, 2 at a time, beating 10 minutes after each addition. Sift together flour and powder, add to the butter, etc., with the extract. Mix into a medium thick batter, and bake in small, shallow, square pans, lined with thin white paper, in a steady oven 30 minutes. When they are taken from the oven, ice them.

Dark Fruit Cake.—2 cups butter, 2 cups sugar, 12 eggs, 4 cups flour, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, 1 pound currants, 1 pound sliced citron, 3 pounds seeded raisins, 1 pound chopped figs, $\frac{1}{2}$ cup any kind of wine, 2 tablespoons strained lemon juice, 2 teaspoons cinnamon, $\frac{1}{2}$ teaspoon each cloves and mace, $\frac{3}{4}$ teaspoon each allspice and nutmeg. Sift together flour, salt, baking powder, and spices. Dredge fruit thoroughly. Cream butter and sugar, add beaten yolks and lemon juice. Alternate flour and wine, add whipped whites, and beat for 10 minutes. Stir in prepared fruit. Line loaf-pans with 4 thicknesses paper; pour in batter. Bake in slow oven from 3 to 5 hours, covering pans with paper until $\frac{2}{3}$ baked.

Delicate Fruit Cake.— $\frac{3}{4}$ cup butter, 2 cups sugar, 1 cup milk, $2\frac{1}{2}$ cups flour, $\frac{1}{4}$ teaspoon salt, 2 teaspoons Royal Baking Powder, whites 5 eggs, 1 tablespoon grated lemon rind. Cream butter and sugar and mix dry ingredients. Add whipped whites, flour, and milk, and beat hard. To 5 tablespoons of this batter add spices to taste, and 1 cup raisins and $\frac{1}{2}$ cup sliced citron, and bake in 1 layer. Bake remainder of batter in 2 layer-pans. When cold put together with boiled icing having dark layer in center.

Fig Cake.— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ cup corn-starch, whites 6 eggs. Put together as for corn-starch cake, and bake in 2 shallow oblong pans in a quick oven. Put together with fig filling (see Cake Fillings).

Harrison Cake.— $1\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ cups butter, 1 cup thick molasses mixed with $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ cup milk, 1 teaspoon each cinnamon and cloves, 5 eggs, 2 cups stoned raisins, 5 cups flour, 2 teaspoons Royal Baking Powder. Mix flour, spices, and baking powder. Cream butter and sugar. Add molasses, then beat in $\frac{1}{2}$ of flour. Add milk and beaten yolks, add remainder of flour, then egg whites whipped stiff. Beat hard, and bake in a loaf-pan in moderate oven about $1\frac{1}{2}$ hours.

French Cake.— $1\frac{1}{2}$ cups butter, 2 cups sugar, 12 eggs, 1 quart flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 gill each of cream, wine, and brandy, 20 drops each extract bitter almonds and nutmeg, $1\frac{1}{2}$ cups raisins, stoned, $\frac{1}{2}$ cup almonds, blanched, 1 cup chopped citron. Rub butter and sugar to a white, light cream; add the eggs, 2 at a time, beating 10 minutes between the first 3 additions, and 5 minutes between the rest; add the flour, sifted with the powder, raisins, almonds, citron, extracts, cream, wine, and brandy. Mix into a smooth, consistent batter; bake in a thickly paper-lined cake-pan in a steady oven, 2 hours.

Gold Cake.— $\frac{1}{2}$ cup butter, 1 cup sugar, yolks 6 eggs, 2 cups flour, $\frac{1}{4}$ teaspoon salt, 1 heaping teaspoon Royal Baking Powder, grated rind and strained juice 1 large orange. Mix the dry ingredients. Cream the butter and sugar, add well-beaten yolks, orange rind and juice, and flour. Bake in shallow pan in moderate oven, and ice with orange-water icing. Make silver cake at same time.

Ice-cream Cake.—1 cup butter, 2 cups sugar, 1 cup milk, $3\frac{1}{2}$ cups flour, 2 teaspoons Royal Baking Powder, whites 8 eggs, $\frac{1}{4}$ teaspoon salt. Mix dry ingredients. Cream butter and sugar, add milk, then flour, and beat. Add whipped whites and beat again. Flavor with almond extract. Bake in three jelly-tins in hot oven, and when cold put together with boiled icing flavored with almond extract.

Imperial Cake.—1 cup butter, 1 cup sugar, 5 eggs, 1 teaspoon grated lemon rind, 1 tablespoon lemon juice, $\frac{1}{2}$ pound seeded raisins, $\frac{1}{2}$ cup sliced blanched almonds, $\frac{1}{2}$ pound flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder. Mix dry ingredients. Cream butter and sugar. Add 1 whole egg and beat hard until incorporated. Stir in some of the flour. Alternate eggs and flour in same way until all the eggs are added, then beat hard 10 minutes. Add lemon juice, almonds, and dredged raisins. Line loaf-pan with 3 thicknesses paper. Bake in moderate oven about $1\frac{1}{4}$ hours.

Lady Cake.— $1\frac{1}{2}$ cups butter, 3 cups sugar, whites 8 eggs, 1 pint flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 cup milk, 20 drops extract bitter almonds. Rub the butter and sugar to a cream; add the flour sifted with the powder, milk, and extract; mix into a smooth batter; then gently mix the 8 egg whites, whipped to a dry froth; when thoroughly mixed, put into a shallow cake-pan, papered, and bake carefully in steady oven 40 minutes. When cool, ice the bottom and sides with white icing.

Lunch Cake (Boston).—2 cups butter, 2 cups sugar, $1\frac{1}{2}$ pints flour, 1 teaspoon Royal Baking Powder, 6 eggs, 1 gill wine, 1 teaspoon each extract rose, cinnamon, and nutmeg. Rub the butter and sugar to a very light cream; add the eggs, 2 at a time, beating 5 minutes after each addition; add the flour sifted with the powder, wine, extracts; mix into a smooth batter, put into a thickly papered shallow cake-pan, and bake in moderate oven $1\frac{1}{4}$ hours. When cold, ice the bottom and sides with white icing.

Lemon Cake.—1 cup butter, 2 cups sugar, 7 eggs, 1½ pints flour, 1 teaspoon Royal Baking Powder, 1 teaspoon extract lemon. Rub to a light cream the butter and sugar; add the eggs, 2 at a time, beating 5 minutes after each addition; add the flour, sifted with the powder, and the extract; mix into a medium batter; bake in paper-lined tin, in a moderate oven, 40 minutes.

Lady Baltimore Cake.—Cream ½ pound of butter and 1 pound of sugar. Add the beaten yolks of 8 eggs and ½ pint of milk; then add 1 pound of flour into which has been sifted 4 teaspoons of Royal Baking Powder. Lastly add the beaten whites. Flavor with almond or vanilla extract, and bake in layers in a quick oven.

FILLING FOR CAKE

Boil 3 cups of powdered sugar and ¾ cup of water until it spins a thread. Stir the boiling syrup into 4 whole eggs beaten together. Mix with two cups of chopped raisins and 2 cups of chopped blanched almonds. Flavor with vanilla and spread between the layers. Finally make a white frosting and spread over the whole cake. Half of this receipt makes a fair sized cake.

Orange Cake.—½ cup butter, 2 cups sugar, 5 eggs, 1 pint flour, 1½ teaspoons Royal Baking Powder, 1 teaspoon extract orange, 1 cup milk. Rub the butter and sugar to a cream; add the eggs, 2 at a time, beating 5 minutes after each addition; add the flour sifted with the powder, the milk and extract; mix into a smooth, fine batter, put in a paper-lined cake-tin, and bake in a moderate oven 30 minutes. When cool, cover the top with the following preparation: Whip the whites of 3 eggs to a dry froth; then carefully mix in 4 cups sugar, the juice, grated rind, and soft pulp, free of white pith and seeds, of 2 sour oranges.

Pound Cake.—1½ cups butter, 2 cups sugar, 7 eggs, 1½ pints flour, 1 teaspoon Royal Baking Powder, 1 teaspoon extract nutmeg. Rub the butter and sugar to a white, light cream; add 3 of the eggs, 1 at a time, and the rest, 2 at a time, beating 5 minutes after each addition; add the flour, sifted with the powder; add the extract; mix into a smooth, medium batter, and bake in a paper-lined cake-tin, in a steady oven, 50 minutes.

Pond-lily Cake.—1 cup butter, 1½ cups sugar, whites 5 eggs, 1½ pints flour, 1½ teaspoons Royal Baking Powder, 1 cup milk; flavor with extract peach and a few drops extract rose. Bake in 2 cakes, in very deep jelly- or sponge-tins, and when done put together with freshly grated cocoanut and pulverized sugar between and on top of the cakes, and ice with clear icing.

Silver Cake.—Whites 6 eggs, 1 cup milk, 2 cups sugar, ⅔ cup butter, 4 cups flour, ¼ teaspoon salt, 2 teaspoons Royal Baking Powder, 1 teaspoon almond extract. Cream butter and sugar; add alternately the milk and flour mixed with salt and baking powder; then the extract and the whipped whites. Beat well, and bake in loaf-pan in moderate oven.

Queen Cake.—2 cups butter, 2½ cups sugar, 1½ pints flour, 8 eggs, ½ teaspoon Royal Baking Powder, 1 wine-glass each wine, brandy, and cream, ½ teaspoon each extract nutmeg, rose, and lemon, 1 cup dried currants, washed and picked, 1 cup raisins, stoned and cut in two, 1 cup citron, cut in small, thin slices. Rub the butter and sugar to a very light cream; add the eggs, 2 at a time, beating 5 minutes after each addition; add the flour, sifted with the powder, the raisins, currants, wine, brandy, cream, citron, and extracts; mix into a batter, and bake carefully in a papered cake-tin, in a moderately steady oven, 1½ hours.

Sponge Cake.—2 cups sugar, 7 eggs, 1 cup flour, 1 teaspoon Royal Baking Powder, pinch salt, 1 teaspoon extract lemon. Whip sugar and eggs together until thick and white; add flour, sifted with powder and salt, and the extract; mix together quickly; bake in tin lined with buttered paper, in hot oven, 35 minutes.

Sponge Cake (Almond).—1½ cups sugar, 8 eggs, 1½ cups flour, ½ teaspoon Royal Baking Powder, 1 teaspoon extract bitter almonds. Boil sugar in 1½ gills water until, taking some up on end of spoon-handle and cooling in water, it breaks brittle, when at once pour it on the eggs, previously whipped 10 minutes; continue the whipping 20 minutes longer; add flour, sifted with powder and extract; bake in well-buttered cake-mold, in quick oven, 30 minutes.

Cream Sponge Cake.—6 eggs, their weight in powdered sugar, and ½ their weight in flour, ½ teaspoon Royal Baking Powder, pinch salt, grated rind 1 orange. Beat egg yolks and sugar till thick. Sift in the mixed flour, salt, and baking powder. Mix lightly, add orange rind and stiffly whipped whites. Cut them in lightly, and bake in 2 shallow pans in moderate oven. Put together with cream filling flavored with orange.

Snow Cake.—1 pound arrowroot, ¼ pound sugar, 1 cup butter, whites 6 eggs, ½ teaspoon Royal Baking Powder, 1 teaspoon almond extract. Cream butter and sugar. Add whipped whites and ⅓ teaspoon salt, then the arrowroot mixed with baking powder. Beat well for 10 minutes; add extract, and bake in loaf-pan lined with 3 thicknesses paper. Have oven moderate, bake 1½ hours, and cover pan with paper for first hour.

Scotch Cake.—1½ cups butter, 2½ cups sugar, 8 eggs, 1½ pints flour, ½ teaspoon Royal Baking Powder, 3 cups raisins, stoned, 1 tablespoon extract lemon. Rub butter and sugar to light, white cream; add eggs, 2 at a time, beating 5 minutes after each addition; add flour sifted with powder, raisins, and extract; mix into smooth batter; put into paper-lined square, shallow cake-pan; bake in moderate oven 1 hour.

Wedding Fruit Cake.—1 pound flour, 1 pound sugar, 1 pound butter, 2 pounds currants, 1 pound raisins, ½ pound citron, 1 ounce mace, 1 ounce cinnamon, 4 nutmegs, 1 ounce cloves, 8 eggs, wine-glass brandy, ¼ ounce extract rose.

Washington Cake (St. Louis, 1780).—2 cups butter, 3 cups sugar, 4 cups flour, 2 teaspoons Royal Baking Powder, 5 eggs, 1 cup milk, 1 cup stoned raisins, $\frac{1}{2}$ cup washed and picked currants, $\frac{1}{4}$ cup chopped citron, 1 teaspoon each extract nutmeg and cinnamon. Rub butter and sugar to light, white cream; add beaten eggs gradually, the flour sifted with powder, milk, raisins, currants, citron, and extracts; mix into smooth, medium batter; bake in shallow square cake-pan, in rather quick, steady oven, $1\frac{1}{2}$ hours; when cold ice with white icing.

Vanilla Cake.— $1\frac{1}{2}$ cups butter, 2 cups sugar, 6 yolks eggs, 4 pints flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 cup cream, 1 teaspoon extract vanilla. Rub butter and sugar until very light and creamy; add egg yolks and cream, flour, sifted with powder, and extract; mix into smooth, rather firm batter; bake in shallow square pan, in fairly hot oven, 35 minutes.

Wedding (or Bride) Cake.—4 cups butter, 4 cups sugar, 10 eggs, 4 pints flour, 6 cups currants, washed, dried, and picked, 3 cups sultana raisins, 3 cups citron, $\frac{1}{2}$ cup candied lemon peel, 2 cups almonds, blanched and cut in shreds, $\frac{1}{2}$ pint brandy, 2 teaspoons each nutmeg, mace, and cinnamon, tablespoon each cloves and allspice. Prepare all these ingredients in following manner: Place butter and sugar in large bowl; break eggs into quart measure or pitcher; cover small waiter with clean sheet of paper; on it lay sifted flour, fruit, citron and lemon peel cut into shreds, the almonds and spices, with brandy measured at hand; also get ready large cake-tin by papering it inside with white paper and outside and bottom with 4 or 5 thicknesses of coarse wrapping-paper, which can be tied on. Having thus prepared everything, and banked up fire to last, with addition from time to time of a shovel of coal, by which means you will not reduce oven heat, proceed to beat to very light cream the butter and sugar, adding eggs, 2 at a time, beating a little after each addition, until all are used; then put in contents of waiter all at once, with brandy; mix very thoroughly and smooth, put into prepared cake-tin, smooth over the top, put plenty of paper on to protect it; bake 8 hours, keeping oven steadily up to clear, moderate heat; watch carefully and you will produce a cake worthy of the occasion; remove from oven very carefully, and suffer it to stay on tin until quite cold; next day ice it with thin coat of white icing, both top and sides; place in cool oven to dry the icing. Now spread a second coat of icing, which will prevent any crumbs or fruit being mixed up with the icing when you are icing to finish; now with broad knife proceed, when first coat is dry, to ice sides, then pour icing on center of cake, in quantity sufficient to reach the edges, when stop; decorate with vase of white, made flowers, etc., to taste.

White Mountain Cake.—1 cup butter, 3 cups sugar, 1 pint flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, whites 6 eggs, 1 cup milk, 20 drops extract bitter almonds. Rub butter,

and sugar to light, white cream; add the whites whipped to dry froth, the flour sifted with the powder, the milk, and extract, mix together thoroughly, but carefully, and bake in jelly-cake tins in a quick oven 15 minutes; then arrange in layers with white icing and grated cocoanut mixed, in the proportion of 2 cups of former to 1 of latter.

Wild Rose Cake.—Make the dough after the receipt given for pond-lily cake, flavoring with rose and strawberry instead of peach. Bake in 2-inch-deep jelly-tins, and sandwich with pink icing, and the same on top. (Made by substituting finely pulverized pink sugar for white.) When you have put the last layer of pink icing on top, sift very lightly over with granulated white sugar

Cookies and Small Cakes Requiring More Than Four Eggs

ROYAL COOKIES.—1 cup butter, 2 cups sugar, 5 eggs, $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 cup milk. Mix butter, sugar, and eggs smooth; add flour sifted with powder, and milk; mix into dough, soft enough to handle conveniently; flour the board, roll out dough, thin; cut out with biscuit-cutter; lay on greased baking-tin, bake in hot oven 5 or 6 minutes.

Anise-seed Cakes.—8 eggs, 1 pound sugar, 1 scant pound flour, 1 teaspoon Royal Baking Powder, pinch salt, 1 tablespoon anise-seed. Beat eggs and sugar together 30 minutes, then add anise, flour mixed with powder, and roll out thin. Cut in fancy shapes and bake on flat tins in quick oven.

Albert Cakes.—Yolks 6 eggs, white 1 egg, 5 ounces sugar, $5\frac{1}{2}$ ounces blanched and chopped almonds, 3 ounces flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 ounce chopped candied orange peel, $\frac{1}{2}$ teaspoon extract cinnamon, pinch cloves, grated rind $\frac{1}{2}$ lemon. Bake in small patty-pans in moderate oven.

Buttercups.—2 tablespoons butter, 1 cup sugar, yolks 9 eggs, 1 teaspoon vanilla, $\frac{3}{4}$ cup milk, 3 cups flour, 2 teaspoons Royal Baking Powder. Bake in patty-pans, ice with boiled icing, tinted yellow.

Little Spice Cakes.—1 cup butter, 1 cup sugar, 5 eggs, 1 teaspoon vanilla, 1 tablespoon black coffee, $\frac{1}{4}$ teaspoon salt, 2 teaspoons cocoa, 1 teaspoon extract cinnamon, 1 teaspoon extract nutmeg, 2 ounces corn-starch, 1 cup flour, 1 teaspoon Royal Baking Powder. Mix as for cakes with butter, and bake in patty-pans in a hot oven.

Spencer Cakes.—2 cups sugar, 8 eggs, $1\frac{1}{2}$ pints flour, 1 teaspoon Royal Baking Powder, 2 tablespoons coriander-seed, 1 teaspoon extract lemon. Beat eggs and sugar together, until they get thick and white; add flour sifted with powder, the seed, and extract; mix into rather thick sponge; drop in spoonfuls on greased tin, bake in hot oven 5 or 6 minutes.

Peanut Jumbles.— $\frac{1}{2}$ cups butter, 2 cups sugar, 6 eggs, $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ cup corn-starch, 1 teaspoon Royal Baking Powder, 1 teaspoon extract lemon, $\frac{1}{2}$ cup chopped peanuts, mixed with $\frac{1}{2}$ cup granulated sugar. Rub the butter and sugar smooth; add the beaten eggs, the flour, corn-starch, and powder, sifted together, and the extract; flour the board, roll out the dough rather thin, cut out with biscuit-cutter, roll in the chopped peanuts and sugar, lay on greased baking-tin; bake in rather hot oven 8 to 10 minutes.

Cakes Requiring Four Eggs or Less

DELAIIDE CAKE.—1 cup butter, $\frac{1}{2}$ cups sugar, 4 eggs, 1 pint flour, 1 teaspoon Royal Baking Powder, 1 cup dried, stoned cherries, $\frac{1}{2}$ cup cream, 1 teaspoon extract vanilla. Rub butter and sugar to white, light cream; add eggs, 2 at a time, beating 5 minutes after each addition. Sift flour and powder together, add to butter, etc., with cherries, cream, and extract vanilla. Mix smoothly and gently into rather firm batter. Bake in paper-lined cake-tin 40 minutes in moderate, steady oven. Watch carefully; if getting too brown, protect with paper.

Almond Cake.— $\frac{1}{2}$ cup butter, 2 cups sugar, 4 eggs, $\frac{1}{2}$ cup almonds blanched—by pouring water on them until skins easily slip off—and cut in fine shreds, $\frac{1}{2}$ teaspoon extract bitter almonds, 1 pint flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 glass brandy, $\frac{1}{2}$ cup milk. Rub butter and sugar to smooth white cream; add eggs, 1 at a time, beating 3 or 4 minutes after each. Sift flour and powder together, add to butter, etc., with almonds, extract of bitter almonds, brandy, and milk; mix into smooth, medium batter, bake carefully in rather hot oven 20 minutes in a fluted mold.

Apple Jelly Cake.—1 cup butter, 2 cups sugar, 4 eggs, 3 cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 cup milk, 6 apples, 6 ounces sugar, 1 teaspoon butter. Rub together butter and sugar to fine, light, white cream, add eggs 2 at a time, beating 10 minutes after each addition. Sift flour and Royal Baking Powder together, add to butter, etc., with milk, and mix into rather thin batter. Bake in jelly-cake tins carefully greased. Meanwhile have apples peeled and sliced, put on fire with sugar; when tender remove, rub through fine sieve, and add butter. When cold use to spread between layers. Cover cake plentifully with sugar sifted over top.

Banana Cake.— $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 2 scant cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, whites 4 eggs, $\frac{1}{2}$ teaspoon vanilla. Mix flour and baking powder. Cream butter and sugar, add milk and flour alternately, then vanilla and beaten whites. Bake in 3 layer-tins in hot oven. To receipt for boiled icing (see Cake Fillings) add $\frac{1}{2}$ cup mashed banana and use as filling. Dust top with powdered sugar.

Chocolate Layer Cake.—2 eggs, 2 cups powdered sugar, 1 cup milk, 2 cups flour, 2 scant teaspoons Royal Baking Powder, $\frac{1}{4}$ teaspoon salt, 1 teaspoon vanilla. Mix flour, salt, and baking powder. Beat egg yolks till thick. Gradually add and beat in the sugar. Add vanilla and milk, whites whipped stiff, and flour. Bake in 3 layer-cake pans in hot oven. Put together with chocolate filling, No. 2 (see Cake Fillings).

Chocolate Loaf Cake.— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 2 cups flour, 2 teaspoons Royal Baking Powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup milk, 4 eggs, 4 ounces chocolate dissolved in 5 tablespoons boiling water, 1 teaspoon vanilla. Mix flour, salt, and baking powder. Cream butter and sugar, add egg yolks, vanilla, and dissolved chocolate. Alternate the milk and flour and beat hard, then add whipped whites, turn into buttered loaf-pan lined with 3 thicknesses of paper. Bake in moderate oven.

Cinnamon Chocolate Cake.— $\frac{1}{2}$ cup butter, 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{4}$ teaspoon salt, 3 teaspoons powdered cinnamon. Mix flour, salt, and baking powder. Cream butter and sugar. Add cinnamon and beaten yolks, then alternate milk and flour. Add whipped whites, beat hard, and bake in 3 layer-pans in quick oven. When cold put together with boiled icing containing melted chocolate.

Coffee Cake.—1 cup very strong coffee, 1 cup butter, 2 cups sugar, 3 eggs, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 cup stoned raisins, cut in two, $\frac{1}{2}$ cup chopped citron, 10 drops each extract allspice and nutmeg, and $\frac{1}{2}$ cup milk. Rub the butter and sugar to a white cream; add the eggs, 1 at a time, beating 3 or 4 minutes after each. Sift together flour and powder, which add to the butter, etc., with the coffee, rasins, citron, milk, and extracts. Mix into a smooth batter. Bake in paper-lined cake-tin, in a hot oven, 50 minutes.

Coffee Cake, No. 2.—1 cup brown sugar, 1 cup butter, 2 eggs, $\frac{1}{2}$ cup molasses, 1 cup strong coffee, $\frac{1}{2}$ teaspoon soda dissolved in the molasses, 2 teaspoons powdered cinnamon, 1 teaspoon cloves, $\frac{1}{4}$ teaspoon salt, 1 cup chopped raisins, 5 cups flour, 2 teaspoons Royal Baking Powder. Sift together the flour, salt, baking powder, and spices. Dredge raisins with some of the flour. Cream butter and sugar. Add beaten yolks and molasses, then alternate the coffee and flour; lastly beat in whipped whites. Divide into 2 loaves and bake in moderate oven.

Light Fruit Cake.— $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 2 cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, whites 4 eggs, $\frac{1}{2}$ cup seeded raisins, $\frac{1}{2}$ cup sliced citron, $\frac{1}{2}$ cup chopped blanched almonds, $\frac{1}{4}$ teaspoon salt. Mix flour, baking powder, and salt. Dredge fruit with flour. Cream butter and sugar, add beaten whites, and beat hard; add flour and milk and beat again; stir in the prepared fruit. Line a loaf-pan with 3 thicknesses of paper, and bake cake $1\frac{1}{2}$ hours in moderate oven, covering with paper for first hour.

Cup Cake.—1 cup butter, 2 cups sugar, 4 eggs, 1 teaspoon Royal Baking Powder, 3 cups flour, 20 drops extract bitter almonds. Rub the butter and sugar to a cream. Add the eggs, 2 at a time, beating 5 minutes after each addition. Sift together the flour and powder, which add to the butter, etc., with the extract. Mix into a smooth, medium batter. Bake in well-greased cups or muffin-pans in a rather hot oven, 20 minutes.

Currant Cake.— $\frac{1}{2}$ cup butter, 1 cup sugar, 3 eggs, $\frac{1}{2}$ cup milk, 2 cups flour, $\frac{1}{4}$ teaspoon salt, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 cup cleaned currants, 1 teaspoon vanilla. Mix flour, salt, and baking powder, dredge the currants. Cream butter and sugar. Add beaten yolks and vanilla. Beat in flour and milk; add whipped whites and currants, and beat hard. Bake in shallow pan in moderately hot oven.

Soft Gingerbread.— $\frac{1}{2}$ cup butter, 2 cups molasses, 1 cup sugar, 4 cups flour, 1 cup milk, 4 eggs, 1 teaspoon Royal Baking Powder, ginger and cloves to taste.

Geranium Cake.— $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{3}{8}$ cup water, $\frac{1}{4}$ teaspoon salt, 2 cups flour, 1 teaspoon Royal Baking Powder, whites 4 eggs. Mix flour, salt, and baking powder. Cream butter and sugar. Add alternately the water and flour, then whites of eggs, and whip hard for 5 minutes. Line loaf-pan with buttered paper, then with rose-geranium leaves. Bake in a moderate oven. The leaves can be pulled off with the paper.

Ginger Cake.— $\frac{3}{4}$ cup butter, 2 cups sugar, 4 eggs, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $1\frac{1}{2}$ pints flour, 1 cup milk, 1 tablespoon extract ginger. Rub the butter and sugar to a light cream; add the eggs, 2 at a time, beating 5 minutes between; add the flour, sifted with the powder, the milk and extract; mix into a smooth batter; bake in a cake-tin, in rather hot oven, 40 minutes.

Gingerbread.—1 cup brown sugar and 3 tablespoons butter, stirred to a cream; add 1 cup New Orleans molasses, 2 eggs; mix well; stir dry 2 teaspoons Royal Baking Powder in $2\frac{1}{2}$ cups flour, put in ginger or spice to taste, bake in 1 loaf 1 hour.

Hazelnut Cake.—9 ounces flour, 4 ounces butter, 4 ounces sugar, 4 ounces chopped hazelnuts, 4 eggs, 1 teaspoon vanilla, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder. Mix flour, salt, and baking powder. Cream butter and sugar, add vanilla, chopped nuts, and beaten yolks. Add flour, then whipped whites, and beat well. Bake in shallow pan in medium oven, and when cold ice with boiled icing.

Jelly Cake.—Beat 3 eggs well, whites and yolks separately; take a cup of fine white sugar and beat in well with yolks, and 1 cup sifted flour, stirred in gently; then stir in the whites a little at a time, 1 teaspoon Royal Baking Powder, and 1 tablespoon milk; pour into 3 jelly-cake plates and bake from 5 to 10 minutes in a well-heated oven; when cold spread with currant jelly, place each layer on top of the other, and sift powdered sugar on top.

Ginger Sponge Cake.—2 cups brown sugar, 4 eggs, 1 pint flour, $\frac{3}{8}$ cup water, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 tablespoon extract ginger, 1 teaspoon extract lemon. Beat the eggs and sugar together for 10 minutes; add the water, the flour sifted with the powder, and the extracts; mix into a smooth sponge, and bake in quick oven 30 minutes.

Honey Cake.— $\frac{1}{2}$ cup butter, 1 cup sugar, 1 cup honey, 1 pint flour, 1 teaspoon Royal Baking Powder, 2 eggs, 1 teaspoon caraway seeds. Mix the honey with the sugar; add the butter melted, the eggs slightly beaten, the flour, sifted with the powder, and the seeds; mix into a smooth batter of the consistency of sponge cake, and bake in a fairly hot oven 35 minutes.

Rolled Jelly Cake.—4 eggs, $\frac{3}{8}$ cup powdered sugar, $\frac{3}{8}$ cup pastry flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon Royal Baking Powder. Beat egg yolks and sugar till light. Add mixed dry ingredients; then stiffly beaten whites. Mix lightly together. Bake in thin sheet in quick oven. As soon as done turn quickly on a towel wrung out of water, spread with jelly, roll up, and dust with powdered sugar.

Lightning Cake.—1 cup butter, 1 cup granulated sugar, 3 eggs, 2 cups flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, grated rind 1 lemon. Mix flour and baking powder. Cream butter and sugar, add lemon and beaten eggs, add flour, and beat well. Spread 1 inch thick on flat buttered pans, sprinkle with a mixture of granulated sugar, powdered cinnamon, and few chopped almonds. Bake pale brown in hot oven, and when cold cut in squares.

Marshmallow Cake.—1 egg, $1\frac{1}{2}$ cups sugar, 1 tablespoon butter, 1 cup milk, 2 cups flour, $\frac{1}{4}$ teaspoon salt, 2 teaspoons Royal Baking Powder. Mix flour, salt, and baking powder. Cream butter, add $\frac{1}{4}$ of sugar, and beat. Add beaten egg and remainder of sugar, and beat 4 minutes. Add alternately flour and milk, beating well. Add vanilla and bake in layer-cake pans in quick oven. Cut fine $\frac{1}{2}$ pound marshmallows. Spread them between cake layers, and stand in open oven till they melt.

Peach-blossom Cake.—1 cup pulverized sugar, $\frac{1}{2}$ cup butter, stirred together until like thick cream, 2 teaspoons Royal Baking Powder, $\frac{1}{2}$ cup sweet milk; beat the whites of 3 eggs, and add to a cup of flour, mixed with the baking powder; stir and add $\frac{1}{2}$ teaspoon corn-starch. Flavor strongly with extract peach. Bake in 2 square sponge-tins in moderately quick oven, and when done sandwich with finely grated cocoanut and pink sugar. Frost with clear icing, and sprinkle this with pulverized pink sugar.

Wine Cake.—1 cup butter, 2 cups sugar, 2 cups flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 gill wine, 3 eggs. Rub butter and sugar to light cream, add eggs, 1 at a time, beating 5 minutes after each addition; add flour sifted with powder, and wine; mix into medium, firm batter; bake in shallow square cake-pan, in moderate oven, 40 minutes; when taken from oven carefully ice with transparent icing.

Marbled Cake.—This is made in separate batters, a dark and a light one. For the dark one, take $\frac{1}{2}$ cup butter, 1 cup brown sugar, $2\frac{1}{2}$ cups flour, 1 teaspoon Royal Baking Powder, yolks of 4 eggs, $\frac{1}{2}$ cup milk, 1 teaspoon each extract cinnamon, cloves, and allspice. For the light one take $\frac{1}{2}$ cup butter, 1 cup sugar, $2\frac{1}{2}$ cups flour, 1 teaspoon Royal Baking Powder, whites of 4 eggs, $\frac{1}{2}$ cup milk, 1 teaspoon extract lemon. Both batters are made by rubbing the butter and sugar to a cream, adding the eggs, beating a few minutes, then adding the flour, sifted with the powder, the extracts and milk, and mixing into smooth batter, rather firm. Have a paper-lined tin; with a spoon drop the two batters alternately into it, and bake in a rather quick oven 35 minutes.

Minnehaha Cake.— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, 1 cup milk, $2\frac{1}{2}$ cups flour, 2 teaspoons Royal Baking Powder, 1 teaspoon vanilla. Mix dry ingredients. Cream butter and sugar, add beaten yolks and vanilla, then, alternately, the milk and flour. Beat well, and bake in 3 layers in quick oven. Put together with fruit filling (see Cake Fillings).

Nut Cake.— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, $2\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ cup milk, 1 cup of any meats of nuts preferred or at hand. Rub the butter and sugar to a light, white cream; add the eggs, beaten a little, then the flour, sifted with the powder; mix with the milk and nuts into a rather firm batter, and bake in a paper-lined tin, in a steady oven, 35 minutes.

Molasses Cake.—1 cup butter, 1 cup brown sugar, $\frac{1}{2}$ cup molasses, 1 cup milk, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 egg. Rub smooth the butter and sugar; add the milk, egg, and molasses; stir in flour, sifted with the powder; mix into a consistent batter, and bake in cake-tin 40 minutes.

Spice Cake.—1 cup butter, 1 cup brown sugar, 1 pint flour, 2 teaspoons Royal Baking Powder, 1 teaspoon each caraway and coriander seeds, 1 teaspoon each extract nutmeg, cinnamon, and ginger, 1 cup milk. Sift flour, sugar, and powder together; rub in butter; add milk, seeds, and extracts; mix smooth into batter of medium thickness; fill greased patty-pans $\frac{2}{3}$ full; bake in hot oven 8 or 10 minutes.

Delicate Spice Cake.— $\frac{2}{3}$ cup melted butter, $\frac{2}{3}$ cup sugar, $2\frac{1}{2}$ cups flour, 1 egg, $\frac{2}{3}$ cup molasses, 1 cup milk, 2 scant teaspoons Royal Baking Powder, 1 tablespoon vinegar, 1 tablespoon mixed ground spice, pinch salt. Beat egg, add milk. Add mixed, flour, baking powder and salt, spice, sugar, melted butter, molasses, and vinegar. Bake in two shallow pans in quick oven.

Shrewsbury Cake.—1 cup butter, 3 cups sugar, $1\frac{1}{2}$ pints flour, 3 eggs, 1 teaspoon Royal Baking Powder, 1 cup milk, 1 teaspoon extract rose. Rub butter and sugar to smooth, white cream; add eggs, 1 at a time, beating 5 minutes after each; add flour, sifted with powder, and extract; mix into medium batter; bake in cake-mold, well and carefully greased, in quick oven, 40 minutes.

Plain Sponge Cake.—4 eggs, 1 cup sugar, 1 cup flour, $\frac{1}{4}$ teaspoon Royal Baking Powder, pinch of salt. Beat yolks of eggs and mix $\frac{1}{2}$ cup of sugar with them, beating together thoroughly. Beat whites until very stiff, add remaining half cup of sugar. When well mixed add the beaten yolks and sugar and tablespoon of lemon juice. Then lightly fold in the flour which has been thoroughly sifted with powder and salt. Bake in high pan, lined with buttered paper, in moderate oven, about 35 minutes. Do not open oven door for 5 minutes after putting in.

Webster Cake.—1 cup butter, 3 cups sugar, 2 eggs, 5 cups flour, 1 teaspoon Royal Baking Powder, 2 cups raisins, seeded, 1 teaspoon each extract bitter almonds and vanilla, $1\frac{1}{2}$ cups milk. Rub butter, sugar, and eggs smooth; add flour sifted with powder, raisins, milk, and extracts; mix into medium batter; bake in cake-mold, in quick steady oven, 45 minutes.

Cookies and Small Cakes Requiring Four Eggs or Less

SOFT COOKIES.—1 cup butter, $1\frac{1}{2}$ cups sugar, 2 eggs, 3 tablespoons milk, 1 teaspoon Royal Baking Powder, just enough flour to roll out to a soft dough. Sprinkle with sugar before rolling, cut in rounds, bake in quick oven.

Cocoanut Cookies.—1 cup butter, 2 cups sugar, 2 eggs, 1 cup grated cocoanut, 1 teaspoon vanilla, 2 teaspoons Royal Baking Powder, flour to roll out. Bake pale brown.

Plain Cookies.— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 2 beaten eggs, 1 cup water, 1 teaspoon grated nutmeg, 1 cup flour sifted with 1 teaspoon Royal Baking Powder, sufficient flour added to make a soft dough. Roll out, cut into cookies, and bake pale brown in moderate oven.

Jumbles.—1 cup butter, 1 cup sugar, 4 eggs, 2 cups flour, $\frac{1}{2}$ teaspoon Royal Baking Powder. Rub together the butter and sugar; add the beaten eggs, and flour sifted with the powder; flour the board, roll out the dough rather thin, cut with jumble-cutter, or any you may have; roll in sugar, lay out on greased tin; bake in fairly hot oven 10 minutes.

Little Chocolate Cakes.—2 tablespoons butter, 1 cup sugar, $\frac{1}{2}$ cup water, $1\frac{1}{2}$ cups flour, pinch salt, 1 teaspoon Royal Baking Powder, 2 eggs, 4 tablespoons grated chocolate melted over hot water, 1 teaspoon extract vanilla. Put together as for cake with butter; bake in patty-pans in moderate oven.

Oatmeal Cookies.—1 egg, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup sweet cream, $\frac{1}{4}$ cup milk, $\frac{1}{2}$ cup fine oatmeal, 2 cups flour, 2 teaspoons Royal Baking Powder, 1 teaspoon salt. Beat egg until light, add sugar, cream and milk, then these to oatmeal, flour, powder and salt mixed and sifted. Toss on a floured board, roll thin, cut in shape, bake in moderate oven.

ROYAL BAKING POWDER IS ABSOLUTELY PURE

Rice Cakes.— $\frac{1}{2}$ cup butter, 2 cups sugar, 4 eggs, $1\frac{1}{2}$ cups rice flour, $1\frac{1}{2}$ cups flour, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ cup cream, 1 teaspoon extract lemon. Beat the eggs and sugar together 10 minutes; add the butter, melted; sift together flour, rice flour, and the powder, which add to the eggs, etc., with the cream and the extract; mix into a thin batter, and bake in patty-pans, well greased, in a hot oven, 10 minutes.

Cinnamon Cakes.—Whites 4 eggs, $\frac{1}{2}$ cup sugar, 1 cup flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 2 tablespoons cream, 1 teaspoon extract cinnamon. Mix as for cakes without butter, and bake in patty-pans in a quick oven. Ice with water icing flavored with cinnamon extract.

Drop Cakes.—1 cup butter, $\frac{1}{2}$ cup sugar, 2 eggs, 1 small teaspoon Royal Baking Powder, 1 pint flour, 1 cup washed and picked currants, 1 teaspoon each extract nutmeg and lemon, $\frac{1}{2}$ cup milk. Rub the butter and sugar to a white, light cream; add the eggs, beat 10 minutes; add the flour and powder sifted together, the milk and extracts. Mix into a rather firm batter, and drop with a spoon on a greased baking-tin; bake in a quick oven 10 minutes.

Scotch Cakes.—1 pound flour, $\frac{1}{2}$ pound butter, $\frac{1}{2}$ teaspoon Royal Baking Powder, $\frac{2}{3}$ cup granulated sugar, 1 teaspoon extract vanilla. Mix flour and baking powder. Rub in butter as for biscuits. Work in the sugar and flavoring. This gives a rather crumbly dough. Work with hands to make it adhere, pat out in cakes, sprinkle with caraway-seed. Bake in moderate oven. Very rich.

Ginger Snaps.— $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, 1 large cup brown sugar, 1 cup water, 1 tablespoon extract ginger, 1 teaspoon each extract cinnamon and cloves, 1 quart flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder. Rub to a smooth paste the lard, butter, and sugar; then rub it into the flour and powder sifted together. Mix into a firm dough with the water and extracts. Roll out the dough thin on a floured board, cut out with a round biscuit-cutter, and bake on greased pan, in a hot, steady oven, 8 minutes.

Soft Gingerbread.—1 cup molasses, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 2 eggs, 1 tablespoon ginger, 1 teaspoon allspice, 2 cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder. Bake in shallow pans or gem-pans in moderate oven.

Delicious Little Cakes can be made by making a rich jumble-paste—rolling out in any desired shape; cut some paste in thick, narrow strips and lay around your cakes so as to form a deep, cup-like edge; place on a well-buttered tin and bake. When done, fill with iced fruit, prepared as follows: Take rich, ripe peaches (canned ones will do if fine and well drained from all juice), cut in halves; plums, strawberries, pineapples cut in squares or small triangles, or any other available fruit, and dip in the white of an egg that has been very slightly beaten, and then in pulverized sugar, and lay in the center of your cakes.

Edenkobers.—2 eggs, 1 cup sugar, $\frac{1}{4}$ pound almonds, pounded to paste, $\frac{1}{4}$ pound chopped citron, $\frac{1}{4}$ pound chopped candied lemon peel, 2 tablespoons drained honey, 2 cups flour, $\frac{1}{2}$ teaspoon Royal Baking Powder. Mix to a paste, roll out, and cut in small cakes. Bake in moderate oven.

Hermits.—3 eggs, 1 cup butter, $1\frac{1}{2}$ cups sugar, 1 cup chopped raisins, 2 tablespoons chopped citron, 1 teaspoon each extract cloves, allspice, and cinnamon, pinch of salt, 1 teaspoon Royal Baking Powder, flour to roll out. Cut in rounds, bake in moderate oven.

Spice Drop Cakes.—Yolks 3 eggs, $\frac{1}{2}$ cup butter, 1 cup molasses, $\frac{1}{2}$ cup milk, 3 cups flour, 2 teaspoons Royal Baking Powder, pinch of salt, spice to taste. Drop on buttered paper on tins, and bake in hot oven.

Sand Tarts.—1 cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, 1 tablespoon water, $\frac{1}{2}$ teaspoon Royal Baking Powder, flour to roll out. Cut in squares, sprinkle with granulated sugar and powdered cinnamon before baking in hot oven.

Walnut Wafers.— $\frac{1}{2}$ pound brown sugar, $\frac{1}{2}$ pound broken walnut meats, 2 level tablespoons flour, $\frac{1}{4}$ teaspoon Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, 2 eggs. Drop small spoonfuls on buttered pans, bake in quick oven.

Fillings and Icings for Cakes

CUSTARD.—2 cups sugar, 3 cups milk, 3 heaping tablespoons corn-starch, yolks 5 eggs, 1 tablespoon butter, 2 teaspoons extract vanilla. Scald milk in double boiler, add corn-starch dissolved in little cold milk, stir till smooth. Add sugar, cook 10 minutes. Add egg yolks, cook 4 minutes, take off and add vanilla.

Cream Filling, 1.—2 cups milk, 2 eggs, 3 tablespoons corn-starch, 1 cup sugar, flavoring. Cook as above.

Cream Filling, 2.—1 cup thick cream whipped to a solid froth, $\frac{1}{2}$ cup powdered sugar, 1 teaspoon extract vanilla. Mix lightly together and use at once.

Fig Filling.— $\frac{1}{2}$ pound chopped figs, 2 tablespoons sugar, 3 tablespoons boiling water, 1 tablespoon lemon juice. Cook in double boiler till thick enough.

Orange Filling.—As lemon filling, using but $\frac{1}{2}$ cup sugar and oranges instead of lemons.

Lemon Filling.—Grated rind 2 lemons, their strained juice, 2 cups sugar, whites 2 eggs, 1 cup boiling water, 2 tablespoons flour mixed with cold water, 1 tablespoon melted butter. Cook together in double boiler, adding beaten whites last.

Chocolate Filling.— $\frac{1}{4}$ cake chocolate, grated, $\frac{1}{2}$ cup milk, yolk 1 egg, 1 cup sugar, 1 teaspoon extract vanilla. Boil sugar, chocolate, and milk till thickened, add egg yolk, cook 2 minutes, take from fire, add vanilla.

Chocolate Cream Filling.— $\frac{1}{2}$ cake chocolate, grated, $\frac{3}{4}$ cup milk, $\frac{1}{2}$ cup sugar, 1 tablespoon butter, pinch salt, 1 teaspoon extract vanilla. Boil gently till thick.

Cocoanut Filling.—To custard filling, add 2 cups freshly grated cocoanut.

Fruit Filling.—4 tablespoons finely chopped citron, same of chopped seeded raisins, $\frac{1}{2}$ cup chopped blanched almonds, $\frac{1}{4}$ pound chopped figs, whipped whites 3 eggs, $\frac{1}{2}$ cup sugar. Whip whites with sugar, add fruits, and beat well.

Prune and Nut Filling.—Soak $\frac{1}{2}$ pound large prunes over night. Steam until plump and soft. Remove pits. When cold add $\frac{1}{2}$ cup chopped blanched almonds and stir into this whites 3 eggs, beaten stiff, with $\frac{1}{2}$ cup powdered sugar.

Almond Icing.—Whites 3 eggs, 1 pound Jordan (sweet) almonds, 3 cups sugar, 10 drops extract rose. Pound to fine paste almonds, with a little sugar; then add whites of eggs, rest of sugar, and extract; pound few minutes to thoroughly mix. Take up in bowl and use as directed.

Clear Icing, for Cake.—Put 1 cup sugar in a bowl with a tablespoon lemon juice and whites of 2 eggs. Mix together smooth and pour over the cake; if the cake is not hot enough to dry it, place it in the mouth of a moderately warm oven.

Transparent Icing.—Place 1 pound pulverized white sugar in saucepan with $\frac{1}{2}$ pint water. Boil to consistency of mucilage, then rub sugar with wooden spatula against sides of pan until it assumes white, milky appearance. Stir in 2 tablespoons extract vanilla; mix well together. Pour this while hot over top of cake so as to completely cover it.

Chocolate Transparent Icing.—Melt 3 ounces fine chocolate with small quantity water in pan over fire (stirring constantly) until it becomes soft. Dilute this with $\frac{1}{2}$ gill of syrup; work until perfectly smooth. Then add to boiled sugar as above.

White Icing.—The whites of 4 eggs, $1\frac{1}{2}$ pounds white sugar dust, the juice of $\frac{1}{2}$ lemon, $\frac{1}{4}$ ounce extract rose. Place the whites and the sugar in a bowl with the juice and extract. Beat with a wooden spoon until, letting some run from the spoon, it maintains the thread-like appearance for several minutes, when use as directed.

Bakers' Soft Icing.—Boil 2 cups granulated sugar with 1 cup water without stirring till it ropes when dropped from fork. Take quickly from fire, let stand untouched till blood-warm. Beat till thick as soft dough, take in hands and knead till soft, smooth, and creamy. Pack in covered glass and keep in cold place. To use, put some in bowl, set in hot water, stir constantly till soft enough to spread. Flavor and use. Will keep indefinitely.

Boiled Icing.—Boil 1 cup granulated sugar with $\frac{1}{2}$ cup water till it ropes when dropped from fork. Pour gradually over stiffly whipped whites of 2 eggs, beating hard. Add flavoring and use at once.

Chocolate Water Icing.—Melt 3 ounces fine chocolate in a few spoons water until creamy. Boil 2 cups granulated sugar with 1 cup water without stirring till it can be rolled in soft ball between fingers in cold water. Take from fire, stir for a moment till it becomes slightly cloudy. Add chocolate and use at once on cake.

Plain Icing.—Whip white 1 egg till frothy. Add 1 teaspoon cold water, then 1 tablespoon at a time, sufficient sifted confectioners' sugar to make stiff enough to spread. Flavor as desired.

Royal Icing.—Put whites 2 eggs in a bowl, add 1 tablespoon sifted confectioners' sugar, beat 3 minutes. Add another tablespoon sugar, beat again, continue till icing is very stiff and glossy, adding 1 teaspoon lemon juice. Spread on cake, let stand till dry.

Water Icing.—To 2 tablespoons boiling water add enough confectioners' sugar to make thick enough to spread. Add any flavoring desired.

Maple Sugar Frosting.—Boil $\frac{1}{2}$ pound broken maple sugar with 3 tablespoons water till dissolved and thick enough to rope when dropped from fork. Pour gradually on whipped whites of 2 eggs. Beat till thick enough to spread.

Marshmallow Frosting.—Heat 2 tablespoons milk and 6 tablespoons sugar over fire; boil 6 minutes without stirring. In double boiler heat $\frac{1}{4}$ pound cut marshmallows. When very soft add 2 tablespoons boiling water, cook till smooth. Beat in hot sugar; keep beating till partly cool, add $\frac{1}{2}$ teaspoon extract vanilla. Use at once.

Note.—A pinch of Royal Baking Powder added to sugar before boiling makes boiled frosting for cakes delicious and creamy.

Plain Cakes

GERMAN APPLE CAKE.—1 pint flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, mixed and sifted. Rub in 2 tablespoons butter, add 1 beaten egg, and milk to make very thick batter. Spread 1 inch deep in greased shallow tin; have ready several pared, cored, and quartered apples. Press points into dough, sprinkle thickly with sugar mixed with little cinnamon. Bake in hot oven.

Dutch Peach Cake.—Make a soft biscuit-dough with 1 quart flour, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, and sufficient cold milk to mix. Roll out $\frac{3}{8}$ inch thick, lay on flat greased pans. Have ready some peaches pared and quartered. Press these into the top of the dough in rows. Sprinkle with granulated sugar and bake in a quick oven. Cut in squares while hot. Apples may be used in same way.

Triangles.—Prepare dough as for cinnamon buns. Roll out, cut in strips, then in 3-cornered pieces. Brush each with white of egg, press in center $\frac{1}{2}$ lump sugar, surround with seeded raisins, and bake in hot oven.

Coffee Cake.—Mix through sieve 1 pint flour, $\frac{1}{2}$ teaspoon salt, 1 heaping teaspoon Royal Baking Powder, 2 tablespoons sugar. Rub in 2 tablespoons butter. Beat 2 eggs, add $\frac{1}{2}$ cup milk, add more milk if necessary to mix to soft dough. Roll out 1 inch thick, sprinkle with 1 cup chopped dates, almonds, figs, mixed together. Roll little thinner, sprinkle with granulated sugar. Lay on greased shallow pan, bake in hot oven. Break in squares, serve hot.

Tea Cakes.—3 cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, $\frac{2}{3}$ cup sugar, 3 tablespoons butter, 1 teaspoon caraway-seeds, milk to mix to soft biscuit-dough. Roll out $\frac{1}{2}$ inch thick, cut in circles, and bake in flat pan in hot oven.

Strudel Cakes.—Mix 1 quart flour, 1 teaspoon salt, 1 tablespoon sugar, 2 teaspoons Royal Baking Powder. Rub in 4 tablespoons butter, mix to soft dough with milk, roll out $\frac{1}{2}$ inch thick. Have ready mixed 1 cup chopped almonds, $\frac{1}{2}$ pound seedless raisins, $\frac{1}{2}$ cup grated maple sugar. Cut dough in 2 pieces. On 1 piece spread nut mixture, cover with other piece, roll together with pin. Cut in 4-inch squares, brush tops with milk, sprinkle with maple sugar, bake in quick oven.

Bath Buns.—Mix and sift 1 quart flour, 2 teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, $\frac{2}{3}$ cup sugar, 1 teaspoon powdered cinnamon. Add grated rind 1 lemon, $\frac{1}{2}$ cup chopped citron. Rub in $\frac{1}{2}$ cup butter. Beat 6 egg yolks, add $\frac{2}{3}$ cup milk, and mix all to soft dough, adding more milk if needed. Mold with the hands in round buns. Place 1 inch apart on greased pans. Brush with milk, sprinkle with chopped citron, and bake in quick oven.

Cinnamon Buns.—Sift together 1 pint flour, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon salt, 1 heaping teaspoon Royal Baking Powder. Rub in 2 tablespoons butter, mix with milk to soft dough. Roll out $\frac{1}{2}$ inch thick, spread with soft butter, granulated sugar, and powdered cinnamon. Roll up like jelly roll, cut in inch slices, lay close together in greased pan, and bake in quick oven.

Buchtels.—Prepare dough as for cinnamon buns, but take double quantity butter. Roll out $\frac{1}{2}$ inch thick, cut in 4-inch squares with jaggling-iron. In center of each place 2 stewed and pitted prunes and pinch of grated lemon rind. Draw corners of dough together, pinch. Place close together in greased pan, brush with white of egg, sprinkle with granulated sugar, and bake in hot oven.

Fruit Wheels.—Sift together 2 cups flour, 1 heaping teaspoon Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar. Rub in 2 large tablespoons butter. Mix to soft dough with milk; roll out $\frac{1}{2}$ inch thick. Spread thickly with soft butter, dust with 1 teaspoon flour, 4 tablespoons granulated sugar, 1 teaspoon cinnamon; sprinkle over $\frac{1}{2}$ cup each of seeded and cut raisins, chopped citron, and cleaned currants. Roll up, cut in 1-inch slices, put 1 inch apart on greased flat pans, and bake in hot oven.

Eccles Biscuit.—Sift together 1 pint flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Royal Baking Powder. Rub in 2 scant tablespoons butter. Mix to a soft dough with milk; roll out $\frac{1}{2}$ inch thick. Have ready a mixture of $\frac{1}{2}$ cup each chopped seeded raisins, citron, cleaned currants, finely chopped almonds or other nuts, 2 tablespoons granulated sugar, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon allspice, pinch cloves, and just enough good sherry or brandy to moisten. Cut the dough in ovals. On each put a spoonful of the filling; brush edges with white of egg; fold over to make pointed oval cakes. Turn plain side up, press lightly to flatten. With sharp scissors make 3 short cuts across top. Sift over little powdered sugar, place well apart on greased pans, and bake in quick oven till pale brown. Good for lunch.

Currant Loaf.—3 cups flour, $\frac{2}{3}$ cup butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 1 cup cleaned currants, grated rind 1 lemon, 2 teaspoons Royal Baking Powder. Mix dry ingredients, rub in butter, add currants and lemon rind, mix to a very thick drop batter with cold milk. Turn into well-greased loaf-pan, bake 1 hour in moderate oven.

Fruit Short Cakes

THE old-fashioned fruit short cakes were generally made with flour, soda, sour milk, and shortening, and were restricted to the strawberry season. We now use Royal Baking Powder for lightening them, and employ all the fruits of the various seasons. The short cake made with Royal Baking Powder and sweet milk is incomparably better, surer, and more healthful than the old-fashioned concoction. Too much skill was required in combining soda and sour milk. The milk had to be at just the right stage of sourness; not a grain more of soda could be used than was sufficient to neutralize the acid in the milk or the cake would be yellow, with a disagreeable odor and soapy taste; if too little, the cake was heavy. But even the young or inexperienced housekeeper will find that with Royal Baking Powder a perfect short cake is an easy and agreeable task. The baking powder only needs to be thoroughly sifted with the flour, so that it may evenly lighten the cake. Use sweet milk always. For the best short cake no eggs are needed, the dough being put together in the same way as for baking powder biscuit.

Throughout the summer fresh fruit of all kinds can be used. With cold weather substitutes are found in tropical fruits such as bananas and oranges, stewed fruits such as prunes, dried, and all varieties of canned fruits; but it is better to keep the fruit short cake for those seasons when ripe, fresh fruits are obtainable.

The cake part for a fruit short cake may be made from any one of the following receipts:

ROYAL BAKING POWDER IS ABSOLUTELY PURE.

Short Cake.—1 quart flour, 1 teaspoon salt, 2 heaping teaspoons Royal Baking Powder, 2 tablespoons butter, 1 pint milk. Sift the flour, salt and powder together, rub in the butter cold, add the milk and mix into a smooth dough, just soft enough to handle; or mix as directed in "Royal Hot Biscuit." Divide in half, roll out $\frac{1}{2}$ inch thick to size of breakfast plates. Brush first layer with melted butter and lay them on greased baking tin. Bake in hot oven 20 minutes; separate the cakes without cutting. Bake in separate tins if liked more crusty.

Short Cake, 2.—Cream $\frac{1}{2}$ cup butter and 1 cup sugar. Add 2 well-beaten eggs, $\frac{1}{2}$ teaspoon salt; then, alternately, $\frac{1}{2}$ cup milk and 2 cups flour in which is sifted 2 teaspoons Royal Baking Powder. Bake in layer-cake tins and use when cold.

Apple Short Cake.—Pare, core, and cut 8 sour apples into eighths. Put in earthen dish with 1 tablespoon butter, 1 tablespoon lemon juice, $\frac{1}{2}$ cup sugar, and a pinch of cinnamon or nutmeg. Cover and bake in moderate oven till dark red and tender. When cold spread between layers of short cake and serve with plain or whipped cream or a cold boiled custard.

Blackberry Short Cake.—Wash and drain 1 quart berries. Sweeten, spread between layers of short cake, and serve with cream or a cold custard.

Strawberry or Raspberry Short Cake.—Pick, hull, wash, and drain berries. Sweeten, spread between layers of short cake. Garnish top layer with large whole berries, dust with sugar, and serve with cream or custard.

Cherry Short Cake.—Make as for strawberry short cake, using pitted sweet or tart cherries.

Peach Short Cake.—Pare and slice peaches. Finish as for strawberry short cake.

Banana Short Cake.—Peel and slice bananas. Finish as for strawberry short cake.

Canned Fruit Short Cake.—Any canned fruit, drained from syrup, may be used in place of fresh fruit, finishing as for other short cakes.

Huckleberry Short Cake.—2 cups sugar, $\frac{1}{2}$ cup butter, 1 teaspoon salt, 1 pint milk, 2 heaping teaspoons Royal Baking Powder sifted into 3 cups flour, 1 quart washed and well-drained huckleberries, more flour to make a very thick batter. Bake in greased dripping-pan, break in squares, serve hot with butter.

Doughnuts and Crullers

THESE old-fashioned "fried cakes," as they used to be called, need the addition of Royal Baking Powder to make them light. By its use less shortening is necessary and the cakes are more tender and far more digestible. After it is mixed with the flour the other ingredients are added and the dough quickly rolled out, cut, and at once cooked.

The fat should be in a deep pot (to obviate any danger of boiling over), and should be of sufficient depth to cover the dough when first dropped in. It should be smoking hot, or the dough will absorb grease and be soggy. Not more than half a dozen should be dropped in at one time, or the fat will be unduly cooled and some of the cakes submerged during the entire cooking; in which case the cakes when cooked will be greasy and not light. One or two pieces of dough should be cooked first as testers. When done the cakes should be drained on unglazed paper, then rolled in powdered sugar.

Doughnuts.—Beat well together 2 eggs and 2 cups granulated sugar. Add 1 pint milk and 1 quart flour in which are mixed and sifted 3 teaspoons Royal Baking Powder, 1 teaspoon salt, and 1 grated nutmeg. Beat well, then add more flour to make a soft dough. Roll out $\frac{1}{2}$ inch thick, cut in rings or small balls, and fry brown in a deep kettle of smoking-hot fat.

Doughnuts, 2.— $\frac{1}{2}$ cup butter, 1 cup sugar, $1\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 egg, $1\frac{1}{2}$ cups milk, 1 teaspoon extract nutmeg. Rub the butter, sugar, and egg together smooth. Sift the flour and powder together, add it to the butter, the milk, etc. Mix into a soft dough; well flour the board, roll out the dough to $\frac{1}{2}$ inch in thickness, cut out with large biscuit-cutter, and fry to a light brown in plenty of lard made hot for the purpose. Serve with sifted sugar over them.

German Doughnuts.—Scald 1 pint milk, pour hot over 1 pint flour, and beat till smooth; add $\frac{1}{2}$ teaspoon salt, and let cool. Add beaten yolks 4 eggs, 1 tablespoon melted butter, 1 teaspoon flavoring, $\frac{1}{2}$ cup sugar, beaten whites of eggs, 1 cup flour mixed with 2 teaspoons Royal Baking Powder, and more flour to make a soft dough. Roll, cut, and fry.

Puffball Doughnuts.—3 eggs, 1 cup sugar, 1 pint milk, $\frac{1}{2}$ teaspoon salt, 1 teaspoon extract vanilla, 2 heaping teaspoons Royal Baking Powder sifted with 2 cups flour, more flour to make a thick batter in which spoon will stand upright. Drop by small spoonfuls in kettle of smoking-hot fat and fry brown.

Crullers.— $1\frac{1}{2}$ cups sugar, 1 cup milk, 2 eggs, 2 tablespoons butter, melted, 1 teaspoon vanilla, 1 teaspoon powdered cinnamon, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder mixed with 2 cups flour, more flour to make a soft dough. Roll out, cut in squares, cut slits in each with jaggging-iron, and braid together. Fry in smoking-hot fat.

Crullers, 2.—1 cup sugar, 3 tablespoons butter, 1 cup cream, 3 cups flour mixed with 2 teaspoons Royal Baking Powder, and $\frac{1}{2}$ teaspoon salt, adding enough flour to make soft dough. Roll out, cut in 2-inch squares, and slash with jaggging-iron. Fry, drain, and roll in sugar.

ROYAL BAKING POWDER IS ABSOLUTELY PURE

Dutch Crullers.—2 eggs, 1 teaspoon grated nutmeg, 1 cup sugar, 1 cup cream, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder, sufficient flour to mix to a soft dough. Roll out, cut in squares, cut several times in center with jagging-iron; fry brown in kettle of deep smoking-hot fat.

Rye Drop Cakes.—1 heaping cup rye meal, 1 heaping cup flour, 1 teaspoon salt, 3 tablespoons molasses, 1 cup milk, 2 eggs, $2\frac{1}{2}$ teaspoons Royal Baking Powder. Sift dry materials together. Add milk, molasses, and beaten eggs. Drop by spoonfuls in deep smoking-hot fat. When brown drain on paper.

Fried Cakes.— $2\frac{1}{2}$ cups flour, 2 teaspoons Royal Baking Powder, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, 2 eggs, 1 scant tablespoon melted butter, 5 tablespoons sugar. Sift dry materials together. Add beaten eggs, milk, and melted butter. Drop by small spoonfuls in deep smoking-hot fat, fry brown, drain on unglazed paper.

Wonders.—3 eggs, 3 tablespoons melted shortening, 3 tablespoons sugar, 1 teaspoon Royal Baking Powder mixed with 1 cup flour. Add more flour to make stiff dough, roll very thin. Cut in 3-inch squares; in each cut several slits; run finger through and separate, then dent them. Fry and roll in sugar.

Dumplings

APPLE DUMPLINGS, ROYAL.—1 quart flour, thoroughly mix with it 3 teaspoons Royal Baking Powder and a small teaspoon salt; rub in a piece of butter or lard the size of an egg, and then add 1 medium potato, grated in the flour; after the butter is well mixed, stir in milk and knead to the consistency of soft biscuit-dough; break off pieces of dough large enough to close over 4 quarters of an apple (or other fruit as desired) without rolling, lay in an earthen dish and steam until the fruit is tender. Serve with brandy sauce.

Peach Dumplings.—Bring 1 cup water, 2 tablespoons butter, to boiling point; turn in quickly 1 cup dry flour; stir till mixture draws away from sides of pan. Take from fire and cool. Work in 4 eggs, $\frac{3}{4}$ cup flour mixed with $\frac{1}{2}$ teaspoon Royal Baking Powder, more flour if necessary to make a soft dough. Pat out in a cake, cut in rounds with a saucer. On each place a pared, unpitted peach. Draw dough round to cover the fruit. Place in greased pan, brush with milk, and bake 30 minutes in moderate oven. Serve with clear sauce.

Farina Dumplings.—1 quart milk, 10 ounces farina, 3 eggs, $1\frac{1}{2}$ teaspoons Royal Baking Powder, a tablespoon fresh butter, $\frac{1}{2}$ pound flour. Bring milk to a boil, stir in farina, and boil till well done, continually stirring. After cooling, stir in the melted butter and eggs previously beaten up, and last add flour sifted with baking powder and salt. Drop with tablespoon into boiling water, well salted; boil about 15 minutes till they rise; take out with skimmer and serve with fruit sauce.

Berry Dumplings.—Use berries of any kind carefully picked, hulled or prepared, and make as for apple dumplings, putting 1 or 2 tablespoons of berries in each dumpling.

English Dumplings.—1 pint flour, 1 cup finely chopped suet, 1 teaspoon salt, 1 teaspoon Royal Baking Powder. Mix and sift flour, salt, and baking powder. Add suet; mix to firm dough with ice-water. Knead for 2 minutes; roll out $\frac{1}{2}$ inch thick. Put a floured cloth over a bowl; on it spread the crust. Fill with sliced apples mixed with sugar and a little powdered cinnamon. Draw up crust and cloth so as to completely cover apples; tie cloth, allowing a little room to swell. Drop in kettle of rapidly boiling water, with trivet at bottom to prevent scorching. Keep at a rapid boil for 2 hours. If water stops boiling the dumpling will be heavy. Or place in steamer and steam 3 hours. Serve hot with cream and sugar or a liquid sauce.

Receipts for making dumplings for a stew or fricassee frequently call for shortening. This is a mistake, and usually results in heavy, soggy dumplings. Heaviness may also be caused by a removal of the lid of pot or steamer before the dumplings are done. Flour, salt, Royal Baking Powder, and sweet milk are all that are needed to make tender, fluffy dumplings of this kind. The dry ingredients should be sifted carefully together, then quickly mixed with the milk. During the cooking the liquid in pot or steamer should be kept at a steady boil. No more batter or dough should be dropped in at one time than will cover the surface of the liquid or rest on top of the meat, for if too many dumplings are dropped in at once, those underneath are sure to be soggy. The cover should not be lifted until the dumplings are done.

Dumplings for Soup.—1 cup flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder, sifted together. Add $\frac{1}{2}$ cup finely chopped suet, and enough milk to make stiff dough. Make into dumplings size of marbles, drop into soup, cover, and boil 10 minutes.

Suet Dumplings (Danish).—1 cup suet, chopped fine, 1 cup grated English muffins or bread, 1 cup flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, $\frac{1}{2}$ cup sugar, 2 eggs, 1 pint milk, large pinch salt. Sift together powder and flour, add beaten eggs, grated muffins, sugar, suet, and milk; form into smooth batter, which drop by tablespoons into pint boiling milk, three or four at a time; when done, dish and pour over them milk they were boiled in.

Potato Dumplings.—1 dozen large potatoes, 6 tablespoons flour, 2 tablespoons Royal Baking Powder, 1 tablespoon butter, 3 eggs, salt, and nutmeg. Grate potatoes, which have been boiled and skinned the day before; mix with the flour, previously sifted together with baking powder, add the melted butter, and eggs one by one, and salt and nutmeg to taste; form into balls about size of a small apple, put into boiling water, which has been well salted, boil 15 minutes; take out with skimmer, and serve with any kind of fricassee or pot-roast.

Please Read the Following

WHICH ARE FACTS

Of Interest to Every Housekeeper

DESIRING, as you do, the best and most healthful food, you will be interested in the following facts, which show why Royal is the best baking powder, why it makes the best and most wholesome food, and why its use has become almost universal — its sale greater in this country than the sale of all other cream of tartar baking powders combined.

Royal Baking Powder NEVER fails in perfect work.

It is absolutely pure and wholesome.

It is combined from the most approved and healthful ingredients.

It makes the finest flavored, light, tender, delicious and healthful food.

It has greater practical leavening strength than any other baking powder, and is therefore the most economical.

It does not lose its strength, but will keep fresh and of full leavening power until used.

It acts slowly in the dough, so that none of its strength is lost before the baking is completed.

It makes food that will keep sweet, moist, and fresh longer, or that may be eaten hot and fresh without distressing results.

IT ACTUALLY ADDS TO THE DIGESTIBILITY AND WHOLE-SOMENESS OF ALL FOODS INTO WHICH IT ENTERS.

The reasons why Royal Baking Powder is superior to all others in these respects are easily stated. One is because it is made from chemically pure materials; it is the only baking powder made from Royal Grape Cream of Tartar; it is made with greater care and accuracy. It is always uniform in composition and leavening power. All the knowledge and skill attained by more than a third of a century's experience is available in its present preparation. The consumer is not experimented upon by amateur manufacturers or unscientific mixtures of unknown strength and doubtful ingredients. Royal Baking Powder is always certain and equal in its work; a teaspoonful does the same perfect work to-day that it did yesterday, or last week or month, or last year.

While the last teaspoonful in a can of Royal is as good as the first, other powders lose their strength after being made a short time, and particularly after the can is opened. No baking powder except

Be sure to demand ROYAL Baking Powder, made by the

ROYAL BAKING POWDER CO., New York, U. S. A.

Royal has its gas so fixed that its leavening power will be retained in all climates, dry or moist, hot or cold.

The cream of tartar employed in Royal Baking Powder is absolutely without impurity or adulterant. Experiments that cost many hundred thousand dollars were made by the Royal Baking Powder Company to secure for its use chemically pure ingredients, and to devise methods and formulas that would make a perfect baking powder.

These ingredients are refined in the mammoth works of the Company (erected at a cost of over half a million dollars) by special patented processes, by which means there are secured to Royal Baking Powder exclusively ingredients chemically pure.

While there is no secret as to the ingredients used, the methods of their preparation, their relative proportions and the manufacturing details which are indispensable to produce a powder so perfect in all respects as Royal are unknown to or, because too expensive, un-employed by other manufacturers.

The exactness with which the active principle of each ingredient prior to mixing is ascertained by expert chemists; the actual prohibition enforced against the receipt into the works of an impure ingredient; the care with which the materials are dried, coated, and prepared before their combination, and the precision in packing the powder so that it shall be delivered to the consumer in the perfect condition in which it leaves the factory, are some of the details never overlooked in its manufacture.

Are not the same means employed by other manufacturers? They are not. Many have tried to imitate Royal Baking Powder, but have never equaled it. Pure materials are not employed by other manufacturers, care is not taken in their preparation and combination, while in the great majority of baking powders alum is added to give them strength, while cheapening their cost.

No alum, ammonia, phosphates, or unwholesome or doubtful substances are used in Royal, while the superior purity and fineness of its ingredients are shown by the fact that it costs more to manufacture than any other brand.

The great popularity and general use of the Royal Baking Powder attest its superiority.

Scores of brands of baking powders have been placed upon the market since Royal was introduced. Most of these are forgotten; none has achieved a general success, while the Royal has increased in popularity until its use is general in every city, town, and hamlet in the country. It is likewise employed extensively upon the great ocean steamships, and has come to be the leading baking powder in Great Britain, France, Germany, South Africa, and other foreign countries. Nothing but the great usefulness and superior qualities of Royal Baking Powder could have effected this. •

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Corroborative of the foregoing are the official tests. These have been made without prejudice, by absolutely unbiased officers, have been elaborate, exhaustive, and should be conclusive. Prof. Tucker, State chemist of New York, whose thorough and scientific work in examining articles of food for the State Board of Health is well known, says the Royal is a "baking powder unequalled for purity, strength, and wholesomeness." **State chemists of Massachusetts, Ohio, Michigan, Iowa, Wisconsin, Illinois, Indiana, California, etc., have indorsed Royal as superior to all other similar preparations, while the United States Government investigation, made under the authority of Congress, shows the Royal to be a cream of tartar baking powder superior to all others in purity, wholesomeness, and leavening strength.**

The day has come for a rigid discrimination in the purchase of baking powders by the housekeepers.

Health and economy demand the use of that brand ascertained absolutely pure and wholesome and of greatest efficiency.

Those who have tested thoroughly the powders of the market, use Royal only.

No other Article of Human Food has ever received such emphatic commendation for purity, strength, and wholesomeness, from the most eminent authorities, as the Royal Baking Powder.

Expert Cooks Use Royal Baking Powder

Perfect and uniform success in making finest food is more certain with Royal Baking Powder than with any other. Use it in every receipt calling for a baking powder, or for cream of tartar and soda, or soda and sour milk, and the best results in pure, wholesome, appetizing food are assured. Experts use it because it adds to their success. Physicians and Health Officers recommend it because it adds to the wholesomeness of the food.

Marion Harland: "I regard the Royal Baking Powder as the best in the market. It is an act of simple justice, and also a pleasure, to recommend it unqualifiedly to American housewives."

Miss Maria Parloa: "It seems to me that the Royal Baking Powder is as good as any can be. I have used it a great deal and always with satisfaction."

Mrs. Baker, Principal of Washington, D. C., School of Cookery: "I say to you, without hesitation, use the Royal. I have tried all, but the Royal is the most satisfactory."

A. Fortin, Chef, White House, for Presidents Arthur and Cleveland: "I have tested many baking powders, but for finest food can use none but Royal."

Gustav Ferand, Chef of former Fifth Avenue Hotel, New York: "I use the Royal Baking Powder and find it superior."

F. Fere, Chef, Astor House, New York: "I have never found any equal to Royal Baking Powder. This is also the opinion of the principal chefs of the country."

P. Dedier, Chef, Arlington Hotel, Washington, D. C.: "I have long used Royal Baking Powder, always obtaining the best results."

A. Benzelin, Chef, Queen City Club, Cincinnati, O.: "I find nothing superior to Royal Baking Powder. It is without doubt the best."

L. Campagnon, Chef, Union League Club, Chicago, Ill.: "Royal Baking Powder has been used here many years, all others having been discarded."

G. Nauvel, Chef, Union Club, New York: "Royal Baking Powder is superior to all that I have tried."

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Louis Du Verdier, Chef, Leland's Hotel, Chicago, Ill.: "We use exclusively Royal Baking Powder. I have tried many, but always return to the Royal."

Hotel Bellevue, Philadelphia: "Royal Baking Powder is the best we have ever used. We have tested many brands, old and new, and this is our firm belief."

Alex. Muir, Chief Baker, Cunard Str. Lucania: "I have used Royal Baking Powder for twelve years. It is better than any other."

H. Beattie, Chief Baker, Am. Line Str. St. Louis: "An experience of many years warrants me in saying there is no baking powder so good as Royal for use on shipboard. It keeps its strength and gives excellent results."

M. Hopkins, Chief Baker, White Star Str. Germanic: "Have used Royal Baking Powder (American made) for fifteen years. It is always reliable, keeps in perfect condition, and is the best of which I know."

W. Sutton, Chief Baker, American Line Steamship New York: "I have used many baking powders, afloat and ashore, for 25 years, but can find none equal to Royal. It is in front of everything."

United Cooks' and Pastry Cooks' Association of the United States: "We recommend the Royal Baking Powder as superior to all others."

Do Not Use Alum Baking Powders

The statements of physicians, hygienists and chemists, who are disinterested, are that alum in food is deleterious; that it adds unhealthful qualities to the food. It is conclusively proven that in food made with alum baking powders a part of the alum is carried to the stomach; that its presence retards the digestion of the food. Alum powders may generally be distinguished by the price at which they are sold—10c., 20c., 25c. a pound, or 1c. an ounce. They cost 2c. a lb. to make. In many States it is illegal to sell such baking powders unless their labels show that they contain alum. In foreign countries—England, France, Germany, etc., the sale of baking powders made with alum is prohibited.

In selecting baking powder read the label and stubbornly refuse any brand whose label does not show the baking powder to be made from cream of tartar.

From the volume of opinions as to the unhealthful character of alum baking powders, only a few can be given:

Prof. C. F. Chandler, Columbia University: "I am entirely opposed to the use of alum in baking powders and nothing would induce me to have it in my family."

Edw. S. Wood, M. D., Prof. of Chemistry, Harvard Medical School: "I am very strongly of the opinion that the use of alum and salts of alumina in food should be prohibited."

Prof. R. F. Ruttan, M. D., McGill University, Montreal: "I am fully convinced that the products of the decomposition of alum in baking powders are injurious to health."

Prof. Geo. F. Barker, University of Pennsylvania: "I consider the use of alum baking powder highly injurious to health."

Prof. Prescott, University of Michigan: "The use of alum in baking powder should be prohibited by law."

Geo. M. Sternberg, Surgeon Gen., U. S. Army: "No alum powder is furnished to the Army by the Subsistence Department."

Charles Harrington, M. D., Prof. of Hygiene, Harvard Medical School: "It must be said that the result of scientific evidence is decidedly against the employment of alum in the making of bread."

John C. Wise, M. D., Medical Inspector, U. S. Navy: "Alum baking powders produce a more indigestible bread. The injurious effect of alum on the stomach is positive and beyond dispute."

Prof. Schweitzer, State University, Mo.: "Alum in baking powder is dangerous and should be restricted."

Prof. Tucker, State Chemist, New York: "The employment of alum in bread making is decidedly injurious."

M. K. Van Reypen, Surgeon Gen., U. S. Navy: "There can be no question that the alums entering into the composition of alum baking powders are seriously injurious to the system."

Report of U. S. Congressional Investigation Committee on Food Adulteration: "The committee, in view of the overwhelming mass of evidence antagonistic to the use of alum, recommends that its use in food products and baking powders be prohibited by law."

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Egg Dumplings for Soup.—Beat 2 eggs, add $\frac{1}{4}$ teaspoon salt, 2 tablespoons milk. Sift 1 cup flour with 1 scant teaspoon Royal Baking Powder, add egg mixture, and more flour if necessary to make thick batter. Drop by half teaspoonfuls in boiling soup; cover, cook 10 minutes.

Dumplings for Stews.—Mix and sift 1 pint flour, 2 teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt. Mix to soft dough with milk. Turn on board, roll out 1 inch thick, cut in small circles. Roll each in flour, drop on top simmering stew. Cover, cook 20 minutes without opening pot.

Suet Dumplings.—1 cup bread crumbs, 2 tablespoons finely chopped beef suet, whites and yolks 2 eggs beaten separately, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Royal Baking Powder sifted with 1 cup flour, sufficient milk to mix to stiff paste. Flour hands and make into balls. Wring small cloths in hot water, dust with flour, lay ball in each and tie, leaving room to swell. Cook in rapidly boiling water 45 minutes, and serve with liquid sauce (see Sauces).

Puddings

APPLE AMBER.—Cover bottom of baking dish with water about $\frac{1}{4}$ inch deep; pare and slice rather tart apples quite thin, lay slices in dish with sugar sprinkled between layers, filling dish to within an inch of top, finishing by a sprinkling of sugar and bits of butter dotted over. Bake in moderate oven till apples can be pierced with broom straw. Leave in dish and serve cold with whipped cream or boiled custard. This is much more delicate than the usual apple sauce.

Apple Pudding.—12 or 14 apples, peeled, cored and sliced, 1 teaspoon extract nutmeg, $1\frac{1}{2}$ cups sugar. Pack apples in deep earthenware dish, add sugar, $\frac{1}{2}$ cup water with extract. Cover with paste made from Short Cake No. 1 receipt. Pinch closely to edge of dish with thumb or pastry iron. Bake in a moderate oven; serve with rich cream.

Batter Pudding (with Fruit).—1 cup flour, 1 teaspoon Royal Baking Powder, pint milk, 4 eggs, 2 cups any kind of fruit prepared as usual, $1\frac{1}{2}$ cups sugar. Sift flour, sugar, and powder together, add eggs, beaten, milk, and fruit; pour into well-buttered pudding-dish, bake in quick oven 40 minutes; serve with wine sauce.

Batter Pudding (Boiled).— $1\frac{1}{2}$ cups flour, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, 1 tablespoon butter, 10 drops extract nutmeg, 2 eggs, 1 pint milk. Sift flour, salt, and powder together; rub in butter cold; add eggs, beaten, and milk; mix into batter as for muffins; pour into well-buttered mold; set in saucepan with boiling water $\frac{3}{4}$ up sides of mold; steam one hour, and serve with spice sauce.

Blackberry or Cherry Pudding.—Proceed as for Batter Pudding (boiled) and serve with hard or foaming sauce.

Apple Tapioca Pudding.—Pare and core enough apples to fill dish; put into each apple bit of lemon peel. Soak $\frac{1}{2}$ pint tapioca in 1 quart lukewarm water 1 hour, add a little salt; flavor with lemon; pour over apples. Bake until apples are tender. Serve cold with cream and sugar.

Boston Baked Plum Pudding.— $1\frac{1}{2}$ cups beef suet, freed of skin, chopped very fine, $1\frac{1}{2}$ cups raisins, stoned, $1\frac{1}{2}$ cups currants, washed and picked, 1 cup brown sugar, 2 cups flour, 1 teaspoon Royal Baking Powder, 4 eggs, 1 cup milk, $\frac{1}{2}$ cup citron, chopped, pinch salt, 1 tablespoon extract nutmeg, 1 glass brandy. Put all these ingredients in a bowl, eggs as they drop from the shell, flour sifted with powder and brandy; mix into rather short batter; pour into well-buttered clean cake-tin, bake in steady oven 2 hours; serve with vanilla sauce.

Bread Pudding.—1 pint milk, 1 cup fine bread crumbs *always* stale and dry, 2 eggs, 1 tablespoon melted butter, nutmeg to taste, 1 teaspoon Royal Baking Powder. Soak bread crumbs in milk till soft, beat yolks very light, and add, stirring well together; add butter and seasoning with baking powder well stirred in, lastly add the beaten whites. Bake at once to a fine brown and eat hot with any desired sweet sauce. This is a delicious form of the much abused bread pudding.

Cabinet Pudding.— $\frac{1}{2}$ pound stale sponge cake, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ can peaches, 4 eggs, $1\frac{1}{2}$ pints milk. Butter plain oval mold; lay in some stale cake, $\frac{1}{2}$ of the raisins, stoned, $\frac{1}{2}$ of peaches; make two layers of remainder of cake, raisins, and peaches; cover with very thin slice of bread; then pour over milk beaten with eggs and sugar; set in saucepan with boiling water to reach $\frac{3}{4}$ up sides of mold, steam it $\frac{1}{2}$ hour, turn out carefully on dish, and serve with peach sauce.

Cottage Pudding.—1 cup sugar, 1 cup milk, 1 egg, lump butter size of egg, 1 pint flour, salt, 1 heaping teaspoon Royal Baking Powder. SAUCE.—1 cup sugar, 1 egg, 1 teaspoon flour, small piece of butter, mixed. Add boiling water, let come to boil, flavor with extract vanilla.

Chocolate Pudding.—1 quart milk, scalded; $1\frac{1}{2}$ squares chocolate, grated; wet with cold milk, and stir into scalded milk. When chocolate is dissolved, pour into pudding-dish; add yolks of 6 eggs, well beaten, and 6 tablespoons sugar. Bake about $\frac{3}{4}$ hour. Beat whites of eggs to stiff froth; add 6 tablespoons sugar. Spread the frosting over top; set again in oven until a light brown.

Graham Pudding.— $\frac{1}{2}$ pint molasses, 1 tablespoon sugar, 1 egg, a little salt, 2 cups Graham flour, 1 cup sweet milk, 1 teaspoon Royal Baking Powder, 1 cup seeded raisins or other dry fruit—chopped dates are good. Sift flour, salt and powder together, mix beaten egg and molasses with milk; then stir the two together, adding fruit last, beating thoroughly. Steam 2 $\frac{1}{2}$ hours; serve hot with good rich wine sauce.

Cherry Pudding.—2 eggs, 1 cup milk, $\frac{1}{2}$ teaspoon salt, 1 tablespoon melted butter, $1\frac{1}{2}$ cups flour, 1 teaspoon Royal Baking Powder, pinch salt. Mix in order given, turn into shallow greased pan. Over top put 2 pounds cherries, press into the batter, sprinkle with 3 tablespoons granulated sugar. Bake 30 minutes in moderate oven, serve hot with cream and sugar.

Fig Pudding.— $\frac{1}{2}$ pound good dried figs, washed, wiped, and minced; 2 cups fine dry bread crumbs, 3 eggs, $\frac{1}{2}$ cup beef suet, powdered; 2 scant cups sweet milk, $\frac{1}{2}$ cup white sugar, in which 1 teaspoon Royal Baking Powder has been mixed, little salt. Soak the crumbs in milk, add eggs, beaten light with sugar, salt, suet, and figs. Beat 3 minutes; put in buttered mold with tight top, set in boiling water with weight on cover to prevent mold from upsetting, and boil 3 hours. Eat hot with hard sauce made of butter, powdered sugar, 1 teaspoon extract nutmeg.

Fruit Pudding (for Fresh, Small Fruits).—1 pint flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt; sift together flour, salt and powder; mix with it enough milk, or milk and water, to make dough soft enough to drop from spoon. Have ready well-buttered earthen baking cups; fill about $\frac{1}{2}$ full of blueberries, pitted cherries or other small fruit; fill cup within one inch of brim with dough; set in steamer over boiling water, cover tightly and cook 20 minutes, keeping water in pot boiling constantly. Serve hot with hard or foaming sauce.

Indian Pudding.—1 quart scalded milk, $\frac{1}{2}$ cup corn meal, 1 teaspoon salt, $\frac{1}{2}$ cup chopped suet, 1 tablespoon ginger (ginger may be omitted if not liked), $\frac{1}{2}$ cup molasses—not syrup. Pour milk slowly on meal, stirring constantly to avoid lumps; add molasses, salt, and ginger. Cook in double boiler 20 minutes. When cold add suet; beat well to mix ingredients. Pour into buttered pudding-dish and bake two hours in slow oven. If baked too rapidly it will not "whey," which is the distinction of the genuine old-fashioned Indian pudding. Cover for first hour of baking. Serve with cream.

Raisin Pudding.—1 cup finely chopped suet, $\frac{1}{2}$ cup sugar, 2 eggs, $\frac{1}{2}$ cup milk, 1 cup entire wheat flour, 1 teaspoon Royal Baking Powder, 1 cup floured raisins. Steam 3 hours. Serve with liquid sauce.

Lemon Pudding.—1 cup sugar, 4 eggs, 2 tablespoons corn-starch, 2 lemons, juice of both, grated rind of one, 1 pint milk, 1 tablespoon butter. Heat the milk to boiling, stir in corn-starch, wet with few spoonfuls of cold water. Boil 5 minutes, stirring constantly. While hot mix in the butter and set away to cool. Beat the yolks light, add the sugar, mixing very thoroughly before putting in the lemon juice and grated rind. Beat this to a stiff cream and add gradually to the corn-starch milk when latter is cold. Stir all smooth, put in buttered pudding-dish and bake until firm. Cover when done with meringue of whites of eggs. To be eaten cold. Serve with wafers.

Lemon Suet Pudding.—3 cups stale bread, 1 cup suet, $\frac{1}{2}$ cup sugar, mixed with 1 teaspoon Royal Baking Powder, 4 eggs, 1 tablespoon extract lemon, $1\frac{1}{2}$ pints milk, pinch salt. Grate bread, chop suet, freed of skin, very fine, put them in bowl; add sugar, eggs, beaten, salt, and extract; pour over boiling milk, stirring it the while; let it stand 30 minutes, covered, then pour into well-buttered pudding-dish; bake in moderate oven 40 minutes; serve with sugar sauce.

Peach Cottage Pudding.—Make a batter with $\frac{1}{2}$ cup sugar, 3 tablespoons melted butter, 1 beaten egg, 1 cup milk, 2 cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder. Stir in 2 cups sliced peaches, bake in a loaf and serve with hard sauce.

Fine Peach Pudding.—Fill pudding-dish with whole peeled peaches, pour over 1 pint water, cover, and bake till peaches are tender. Drain off juice and let cool. Add to it 2 cups milk, 4 beaten eggs, 1 scant cup flour mixed with 1 teaspoon Royal Baking Powder, 1 cup sugar, 1 tablespoon melted butter, pinch salt. Beat hard 4 minutes, pour over peaches in dish, bake to rich brown and serve with cream.

Suet Pudding.—2 eggs, 1 cup milk, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup finely chopped suet, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 3 scant cups flour, spices to taste, and 1 cup mixed chopped fruit—raisins, citron, currants, or almonds. Steam 2 hours and serve with a soft sauce.

"Poor Man's Pudding."— $\frac{1}{2}$ cup suet, chopped, $\frac{1}{2}$ cup seeded raisins, $\frac{1}{2}$ cup currants, washed and picked, $1\frac{1}{2}$ cups grated bread, 1 cup flour, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ cup brown sugar, 1 pint milk. Mix all well together, put into well-greased mold, set in saucepan with boiling water to reach $\frac{1}{2}$ up sides of mold; steam 2 hours; turn out on dish carefully; serve with butter and sugar.

Princess Pudding.— $\frac{3}{4}$ cup butter, 1 cup sugar, 1 large cup flour, 3 eggs, $\frac{1}{2}$ teaspoon Royal Baking Powder, small glass brandy. Rub to smooth cream butter and sugar; add eggs, 1 at a time, beating few minutes after each addition; add flour sifted with powder, and brandy; put into mold well buttered, set in saucepan with boiling water to reach $\frac{1}{2}$ up its sides; steam thus $1\frac{1}{2}$ hours; turn out on dish carefully; serve with lemon sauce.

Plum Pudding (Royal Christmas).—2 cups raisins, 2 cups currants, 2 cups suet, $\frac{1}{2}$ cup almonds, blanched, 2 cups flour, 2 cups grated bread, $\frac{1}{2}$ cup each citron, orange, and lemon peels, 8 eggs, 1 cup sugar, $\frac{1}{2}$ cup cream, 1 gill each wine and brandy, large pinch salt, 1 tablespoon extract nutmeg, 1 teaspoon Royal Baking Powder. Put in large bowl raisins, seeded, currants, washed and picked, suet, chopped very fine, almonds, cut fine, citron, orange, and lemon peels, chopped, sugar, wine, brandy, and cream; lastly, add flour, sifted with powder; mix all well together, put in large, well-buttered mold; set in saucepan with boiling water to reach $\frac{1}{2}$ up sides of mold, steam thus 5 hours; turn out on dish carefully; serve with Royal wine sauce.

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Plum Pudding, 2.— $1\frac{1}{2}$ cups each grated bread, very finely chopped suet, raisins, seeded, currants, washed and picked, and coffee sugar, $\frac{1}{2}$ cup each citron, milk, and orange marmalade, 4 eggs, 2 cups flour, 1 teaspoon Royal Baking Powder, 1 teaspoon each extract cinnamon, cloves, and nutmeg. Mix all these ingredients well together in large bowl, put in well-buttered mold, set in saucepan with boiling water to reach $\frac{1}{2}$ up its sides; steam thus $3\frac{1}{2}$ hours; turn out carefully on dish, and serve with Royal wine sauce.

Raisin Roly Poly.—2 cups flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Royal Baking Powder, sifted together. Rub in 2 tablespoons butter, mix with milk to soft dough, roll out $\frac{1}{2}$ inch thick. Spread with a little soft butter. Sprinkle thickly with seeded raisins, then with 2 tablespoons granulated sugar. Roll up, pinch ends together, lay on buttered pie-plate, and steam 30 minutes. Dry off in oven 10 minutes. Serve with creamy or liquid sauce.

Rice Pudding.— $\frac{1}{2}$ cup rice, $1\frac{1}{2}$ pints milk, $\frac{1}{2}$ cup sugar, large pinch salt, 1 tablespoon lemon rind chopped fine. Put rice, washed and picked, sugar, salt, and milk in quart pudding-dish; bake in moderate oven 2 hours, stirring frequently first $1\frac{1}{2}$ hours, then permit it to finish cooking with light-colored crust, disturbing it no more. Eat cold with cream.

Rice Pudding, 2.— $\frac{1}{2}$ cup rice, $\frac{3}{4}$ pint milk, 4 apples, peeled, cored, and stewed, $\frac{1}{2}$ cup sugar, 4 eggs. Boil rice in milk until reduced to pulp; beat well with apple sauce and sugar for 10 minutes, then set aside to cool; then carefully mix in whites of eggs, whipped to stiff froth, butter the mold, pour in pudding, set in saucepan with boiling water to reach $\frac{1}{2}$ up its sides; steam slowly for 25 minutes; permit it to stand 3 minutes before turning out; serve with custard sauce.

Sago Pudding.—1 quart milk, 4 tablespoons sago boiled in the milk till soft; set dish in kettle of hot water, and let sago swell gradually. Beat up 3 eggs, and stir into cooked milk and sago; salt and sugar to taste. Then put in oven and bake very lightly. Serve with creamy sauce.

Tapioca Pudding.—1 small cup tapioca, 1 quart milk, 1 teaspoon butter, 3 tablespoons sugar. Soak tapioca in water 4 or 5 hours, then add the milk; flavor with extract lemon, or anything else you prefer. Bake slowly 1 hour. To be made day before it is wanted, and eaten cold with cream or milk and sugar. Some prefer the pudding made with 3 pints milk and no water.

Tapioca and Coconut Pudding.—1 cup tapioca soaked overnight, 1 quart milk, yolks 4 eggs, whites of 2, 1 cup sugar, 2 tablespoons grated cocoonut; bake $\frac{1}{2}$ hour. Make frosting of whites 2 eggs, 3 tablespoons sugar, 2 tablespoons grated cocoonut; spread over pudding when baked. Set in oven until a light brown.

Soufflé of Different Fruits.—With fruits of a soft and juicy nature, such as peaches, plums, apricots, bananas, etc., proceed in this manner: Remove the kernels and press the

fruit through a sieve; put what you have thus obtained in a bowl, adding $\frac{1}{2}$ pound powdered sugar and the whites of 3 eggs; beat well with an egg-beater for 5 or 6 minutes. Then take the whites of 6 or 7 eggs and beat them into a stiff froth; mix well together. Put this on a dish in a well-heated oven 5 or 6 minutes before serving. Sprinkle powdered sugar on top. For hard fruits, such as apples, pears, etc., cook them first and then press through a sieve. The treatment is exactly the same as for the others.

Sauces for Puddings, Etc.

CANNED FRUIT SAUCE.—Take the syrup from any canned fruit, add sufficient sugar to sweeten, and an equal quantity of boiling water. Measure, and for 1 pint thicken with 1 tablespoon arrowroot blended in a little water. Boil 10 minutes; add 1 tablespoon butter and stir till melted.

Currant Jelly Sauce.—Melt 1 cup red-currant jelly, add 1 glass white wine, and 1 teaspoon extract raspberry.

Currant Jelly Sauce, 2.—Cream 2 tablespoons butter; add gradually $\frac{3}{4}$ cup stiff currant jelly slightly softened by standing in warm room. Beat well and serve very cold.

Cream Sauce.—Bring $\frac{2}{3}$ pint cream slowly to boil; set in stewpan boiling water; when it reaches boiling point add sugar, then pour slowly on whipped whites of 2 eggs in bowl; add 1 teaspoon extract vanilla and use.

Creamy Sauce.—Cream 2 tablespoons butter; beat in by degrees $\frac{1}{2}$ cup powdered sugar, 2 tablespoons each of thick cream and sherry. Beat long and hard. Just before serving stand bowl over hot water and beat till sauce looks creamy but is not hot enough to melt the butter.

Custard Sauce.—1 pint milk, yolks 4 eggs, $\frac{1}{2}$ cup sugar. Set over fire and stir until thick.

Duchesse Sauce.—Boil 2 ounces grated chocolate in $\frac{1}{2}$ pint milk 5 minutes; strain on 2 yolks of eggs beaten with $\frac{1}{2}$ gill cream and $\frac{1}{2}$ cup sugar; strain, return to fire, stir until thick as honey; remove and add 1 teaspoon extract vanilla.

Foaming Sauce.—Whip white 1 egg and $\frac{1}{2}$ cup powdered sugar to a stiff froth. Whip separately 1 cup thick cream to a solid froth. Mix lightly together, flavor with 1 tablespoon sherry.

Hard Sauce.—Beat 1 cup sugar and $\frac{1}{2}$ cup butter to white cream; add whites 2 eggs; beat few minutes longer; add tablespoon brandy and teaspoon extract nutmeg; put on ice until needed.

Golden Sauce.—Make hard sauce as above without egg whites or flavoring. Beat in gradually the yolks of 2 raw eggs and add flavoring to suit. The color may be accentuated by the addition of a little yellow color-paste.

Orange Sauce.—To golden sauce made as above add the grated yellow rind and 1 tablespoon of the juice of an orange.

Hygienic Cream Sauce.— $\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint cream, yolk 1 egg, 1 tablespoon buckwheat dissolved in little milk, large pinch salt. Bring milk and cream to boil in thick, well-lined saucepan; add to it buckwheat dissolved in milk, stirring rapidly to prevent lumping; allow it to boil 5 minutes; remove from fire, beat in the yolk of egg diluted with a tablespoon milk.

Lemon Sauce.—Boil 1 cup sugar and 1 cup water together 15 minutes, then remove; when cooled a little, add $\frac{1}{2}$ teaspoon extract lemon and 1 tablespoon lemon juice.

Molasses Sauce.—Boil together 10 minutes 1 cup molasses, 1 tablespoon vinegar, 1 tablespoon butter, pinch salt. For apple puddings.

Rexford Sauce.—Dissolve 1 teaspoon corn-starch in little water; add it to 1 cup boiling water, with $\frac{3}{8}$ cup brown sugar; boil 10 minutes; remove from fire; add $\frac{1}{2}$ cup cider, scalding hot, 1 large tablespoon good butter, and yolks 2 eggs.

Royal Wine Sauce.—Bring slowly to boiling point $\frac{1}{2}$ pint wine; then add yolks of 4 eggs and 1 cup sugar; whip it on fire until in state of high froth and a little thick; remove and use as directed.

Vanilla Sauce.—Put $\frac{1}{2}$ pint milk in small saucepan over fire; when scalding hot, add yolks 3 eggs; stir until thick as boiled custard; add, when taken from the fire and cooled, 1 tablespoon extract vanilla and whites of eggs whipped stiff.

Wine Sauce.— $\frac{3}{4}$ pint water, 1 cup sugar, 1 small teaspoon corn-starch, 1 teaspoon each extract lemon and cinnamon, $\frac{1}{2}$ gill wine. Boil water, add corn-starch dissolved in little cold water, and the sugar; boil 15 minutes, strain; when about to serve, add extracts and wine.

Wine Sauce, 2.— $\frac{1}{2}$ pint water, 1 cup sugar, $\frac{1}{2}$ teaspoon corn-starch, 1 teaspoon each extract bitter almonds and vanilla, $\frac{1}{2}$ cup white wine. Stir 2 tablespoons of sugar on the fire in thick saucepan, with 1 tablespoon water, until very dark, *but not burned*; add water boiling, rest of sugar, the corn-starch dissolved; boil 10 minutes; when about to serve, strain, add extracts and wine, or brandy if preferred.

Pies

THE richest pastry for pies is called puff paste, and much skill and practice are required to make it flaky, tender, and very light. First-class puff paste will rise in baking to double its thickness and be in light, flaky layers and without greasiness. The novice must learn to handle it lightly and as little as possible in rolling and turning. It should be put in the ice-box as soon as made and stand at least twelve hours before being used.

Pastry flour should always be used for pie crust. It is whiter than bread flour and when

rubbed between the fingers it feels very smooth and soft, like corn-starch. Carefully sift before using.

Where it is desired to have a plainer pastry, or one less troublesome to make and more economical, the use of a small quantity of Royal Baking Powder will give a light and tender crust. As in other cases, the baking powder must be mixed and sifted with the flour before the shortening is added. Sweet home-made lard may be used in place of butter, either wholly or in part, giving a less expensive but equally good and light paste. Never use sour milk or so-called prepared or self-raising flours.

A pinch of salt and a little Royal Baking Powder make pie crust light and flaky and more digestible.

Paste for Pies.—3 cups sifted flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, large pinch salt, 1 cup cream, $\frac{1}{2}$ cup butter. Sift flour, salt, and powder together; add the cream; mix into smooth, rather firm paste; flour the board, roll it out thin; spread the butter on it evenly, fold in three; roll out thin, and fold in three; repeat twice more and use.

Paste, 2.—3 cups flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, $\frac{1}{2}$ pound beef suet, freed of skin and chopped very fine, 1 cup water. Place the flour, sifted with the powder, in bowl; add suet and water; mix into smooth, rather firm dough.

Paste, 3.—3 cups sifted flour, $\frac{1}{2}$ cup lard, $1\frac{1}{2}$ cups butter, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 cup water. Cut lard into flour, sifted with powder; mix into smooth, firm paste with the water; place it to cool for 15 minutes; meanwhile press milk and salt from butter by pressing in clean, wet towel, and flour it. Roll out dough on well-floured board; place butter on it; fold dough over it, completely covering butter; roll it out lightly to $\frac{1}{2}$ inch in thickness, turn it over, fold each end to middle, flour it, roll out again; fold ends to middle, and turn it; repeat this 3 times more, and use. If this paste is made in summer, put on ice after each operation of folding and rolling.

Paste, 4.—5 cups flour, 1 cup butter, 1 cup lard, 1 cup water, $\frac{1}{2}$ teaspoon Royal Baking Powder. Sift flour with powder; rub in lard and butter cold; add the water; mix into a smooth, lithe dough.

Paste, 5 (Puff Paste).—3 cups sifted flour, 2 cups butter, 1 egg yolk, a little salt. This is difficult to make. The essentials are: A cool place to make it in, ice broken up in 2 shallow cake-pans, good flour, and butter, firm, with salt and buttermilk worked out. Sift flour on pastry slab, form it in a ring with back of your hand. Place in center the egg yolk and salt; add a little ice-water, and from inside of ring gradually take flour, adding a little at a time, as you require it, more ice-water, about a cup altogether, until you have smooth, fine paste, very tenacious and lithe. Place in ice-box 15 minutes, then roll out to size of a dinner-plate; lay on it butter, and wrap over it

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edges of dough, carefully covering it; turn it upside down, roll out very thin; then turn face down—the face is side of paste next to rolling-pin—folding it in three, squarely; repeat this *three times more*, placing it in thin tin on the broken ice, and other tin containing ice on it, after each turn or operation of folding and rolling. By this method this difficult puff paste may be made successfully in hottest weather.

Paste, 6.—3 cups sifted flour, 1 large cup butter, $\frac{1}{2}$ teaspoon Royal Baking Powder, 3 tablespoons sugar, $\frac{1}{2}$ cup milk. Sift flour with powder and sugar, rub in butter, add milk; mix into a smooth dough of medium stiffness.

Apple Pot Pie.—14 apples, peeled, cored, and sliced, $1\frac{1}{2}$ pints flour, 1 teaspoon Royal Baking Powder, 1 cup sugar, $\frac{1}{2}$ cup butter, 1 cup milk, large pinch salt. Sift flour with powder and salt, rub in butter cold, add milk, mix into dough as for tea biscuits; with it line shallow stewpan to within 2 inches of bottom; pour in $1\frac{1}{2}$ cups water, apples, and sugar; wet edges and cover with rest of dough; put cover on, set it to boil 20 minutes, then place in moderate oven until apples are cooked; then remove from oven, cut top crust in four equal parts; dish apples, lay on them pieces of side crust cut in diamonds, and pieces of top crust on a plate; serve with cream.

Apple Pie.—5 or 6 apples, 1 cup sugar, $\frac{1}{2}$ cup water, 1 teaspoon extract lemon, paste, No. 4. Peel, quarter, and core apples, put in stewpan with sugar and water; when tender, remove; when cold, add extract and fill pie-plate, lined with paste; wet the edges, cover with paste rolled out thin, and wash with milk; bake in steady, moderate oven 20 minutes.

Apple Pie, 2.—3 tart apples, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ lemon rind grated, paste, No. 4. Peel, core, and slice apples very thin; line pie-plate with paste; put in apples, sugar, and little water; wet the edges, cover with paste rolled out very thin; wash with milk; bake in steady, moderate oven 25 minutes—or till apples are cooked.

Banbury Tarts.—Chop 1 cup seeded raisins, add $\frac{1}{2}$ cup cleaned currants, 1 cup sugar, 2 tablespoons cracker dust, 1 beaten egg, juice and grated rind 1 lemon. Roll pie crust, No. 5, very thin, cut in circles. Lay on each a tablespoonful of filling; wet edges of paste; fold each side over the middle to form pointed ovals, dust with granulated sugar, and bake 20 minutes in slow oven.

Cranberry Pie.—Paste, No. 4, 3 cups cranberries, stewed with $1\frac{1}{2}$ cups sugar, and strained. Line pie-plate with paste; put in cranberry jam; wash the edges, lay 3 narrow bars across; fasten at edge, then 3 more across, forming diamond-shaped spaces. Lay rim of paste, No. 5, or of same; wash with egg wash; bake in quick oven until paste is cooked.

Gooseberry Pie.—Paste, No. 5, 3 cups gooseberries, stewed with $1\frac{1}{2}$ cups sugar 15 minutes, and strained. Proceed as directed for cranberry pie.

Fruit Pies of all Kinds.—Use about 3 cups prepared fruit for each pie. Heap fruit in center. Sprinkle with sugar to sweeten; if juicy, add 1 teaspoon or more of flour with sugar. Use pie crust, No. 4 or 6.

Cocoanut Pie.—Proceed as for custard pie, adding $1\frac{1}{2}$ cups grated cocoanut, and leaving out $\frac{1}{2}$ pint milk.

Custard Pie.—2 eggs, 3 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ cups milk, a little grated nutmeg. Beat eggs slightly, add sugar, salt, and milk. Line pie-plate with any desired crust, making edge high and thicker than in center. Strain in the mixture slowly, adding few gratings of nutmeg. Bake in quick oven at first till edge of paste is set, then decrease heat. Bake till custard is just set.

Lemon Cream Pie.—Paste, No. 5, $1\frac{1}{2}$ pints milk, 3 tablespoons corn-starch, 1 cup sugar, 2 tablespoons butter, grated rind and juice of 2 lemons, yolks 4 eggs. Boil milk, add corn-starch dissolved in a little cold milk; when it reboils, take off, beat in yolks, butter, lemon juice, and rind; pour at once into pie-plates lined with paste, having high rim—as described in custard pie; bake in hot oven until paste is cooked—about 20 minutes, or, if meringue is desired, whip whites of 4 eggs to dry froth; slowly incorporate 1 cup sugar; spread over top of pie; when baked, dust with powdered sugar; return to oven to set fawn color.

Note.—One teaspoon of Royal Baking Powder in one-half cup granulated sugar added to the white of one egg stiffly beaten makes a fluffy meringue for lemon pies.

Lovers of Chocolate, in any and every form, can make this addition to a common custard pie. Beat 1 egg to a stiff froth, then add pulverized sugar and grated chocolate with $\frac{1}{2}$ teaspoon extract vanilla; spread this on the top of the pie and let it harden for a moment in the oven. Or you may prepare it in still another way. Put the chocolate in a basin on the back of the stove, and let it melt (do not put a drop of water with it); when melted beat 1 egg and some sugar in with it. In the latter case it will be a regular chocolate brown in color, and in the other a sort of gray.

Peach Tart.—For each large peach allow 1 tablespoon sugar and 1 tablespoon water. Fill baking-dish with sliced peaches, add sugar and water. Cover with pie crust, No. 6, bake in moderate oven about 30 minutes. Serve hot with cream.

Pumpkin or Squash Pie.—Mix 3 cups thick stewed and sieved pumpkin or squash, 2 cups milk, 1 cup sugar, 1 teaspoon salt, 2 eggs, $\frac{1}{2}$ teaspoon cinnamon, pinch cloves. Line 2 pie-plates as for custard pie; bake in moderate oven.

Rhubarb Pie.— $1\frac{1}{2}$ bunches rhubarb, $1\frac{1}{2}$ cups sugar. Cut fruit in small pieces after stripping off skin, cook it very fast in shallow stewpan, with sugar. Line pie-plate with paste; wet rim; add rhubarb, cold; lay 3 bars paste across, fastening ends; lay 3 more across, forming diamond-shaped spaces; lay round a rim, wash over with egg, and bake in quick oven 15 minutes.

Mince-meat.—7 pounds currants, 3½ pounds peeled and cored apples, 3½ pounds beef, 3½ pounds suet, ½ pound each citron, lemon, and orange peel, 2½ pounds coffee sugar, 2 pounds raisins, 4 nutmegs, 1 ounce cinnamon, ½ ounce each cloves and mace, 1 pint brandy, and 1 pint white wine. Wash currants, dry, pick them; stone the raisins; remove skin and sinews from beef and suet. Chop each ingredient, separately, very fine; put into large pan as they are finished, finally adding spices, brandy, and wine; thoroughly mix together; pack in jars; store in cold, dry place. This mince-meat will keep from 12 to 18 months. The fruit should never be floured in making mince pie.

Tartlets.—Time to bake, ¼ hour. Line some patty-pans with puff paste, fill them with any jam or preserve, and bake lightly.

Open Jam Tart.—Time to bake, until paste loosens from the dish. Line shallow tin dish with puff paste, put in the jam, roll out some of paste, wet it lightly with yolk of an egg beaten with a little milk and a tablespoon of powdered sugar; cut it in very narrow strips, then lay them across the tart; lay another strip round the edge, trim off outside, and bake in quick oven.

Other Desserts

BAKED CUSTARDS.—For each quart milk allow 4 large or 5 small eggs and 3 tablespoons sugar. Warm milk; pour over eggs and sugar beaten together, add flavoring to suit. Fill small earthen cups or pudding-dish. Stand in pan of warm water; bake in moderate oven till firm in center. For chocolate custards melt chocolate with sugar.

Boiled Custard.—1 quart milk, 4 or 5 eggs, pinch salt, 3 tablespoons sugar. Scald milk, mix part of it with eggs beaten with sugar, turn back into the rest of milk, cook until it thickens which will be when *foam disappears from top*; cover and cool, then add flavoring. Or whites of eggs may be reserved, beaten to a foam and added to custard after straining; must be stirred in thoroughly.

Corn-starch Custard.—Scald 1 quart milk. Dissolve 2 level teaspoons corn-starch in little cold milk. Turn quickly into hot milk; stir till thickened, then cover and cook 10 minutes. Beat 2 eggs with 3 tablespoons sugar, add to custard, stir a moment longer, strain. Add flavoring when partly cooled.

Tapioca Custard.—Put 2 tablespoons fine tapioca in double boiler with 1 pint milk, cook and stir till tapioca is transparent. Add yolks 2 eggs beaten with 3 tablespoons sugar, and pinch salt; stir till thickened. Add whites whipped to stiff froth, stir lightly 3 minutes; take from fire; add flavoring when cooled. If pearl or lump tapioca is used, it must be soaked in cold water for several hours before cooking.

Snow Eggs.—To whites 5 eggs add pinch salt, and whip to very stiff froth; gradually add 1 tablespoon powdered sugar and few drops flavoring. Scald 1 quart milk in large pan. Shape whites in tablespoon, drop a few at a time in hot milk. Turn until cooked.

Lift out with skimmer, lay on glass dish. When all are cooked make custard with egg yolks, milk, and 3 tablespoons sugar, and serve with eggs.

Apple Snow.—Core, quarter, and steam 3 large, sour apples. Rub through sieve, cool; whip whites 3 eggs to very stiff froth with ¼ cup powdered sugar, gradually add apple, and whip long time till white and stiff. Pile in dish, garnish with dots currant jelly.

Charlotte Russe.—Mix 1 pint rich cream, ½ cup powdered sugar, 1 teaspoon vanilla. Have very cold and whip to stiff froth, turning under cream when it first rises. Line dish with sponge cake or ladyfingers, fill with whipped cream.

Chocolate Blanc-mange.—Quart milk, ½ box gelatine soaked in 1 cup water, 4 tablespoons grated chocolate rubbed smooth in a little milk, 3 eggs, extract vanilla to taste. Heat milk until boiling, then add other ingredients; boil 5 minutes. Pour into mold. Serve cold with sugar and cream, or custard.

Iced Fruits for Desserts.—Any desirable fruit may be easily iced by dipping first in the beaten white of an egg, then in sugar finely pulverized, and again in egg, and so on until you have the icing of the desired thickness. For this purpose oranges or lemons should be carefully pared, and all the white inner skin removed that is possible, to prevent bitterness; then cut either in thin horizontal slices if lemons, or in quarters if oranges. For cherries, strawberries, currants, etc., choose the largest and finest, leaving stems out. Peaches should be pared and cut in halves, and sweet, juicy pears may be treated in the same way, or look nice when pared, leaving on the stems, and iced. Pineapples should be cut in thin slices, and these again divided into quarters.

Floating Island.—1 quart milk, 4 eggs, yolks and whites beaten separately, 4 tablespoons sugar, 2 teaspoons extract vanilla or bitter almonds, ½ cup currant jelly. Heat milk to scalding, but not boiling. Beat the yolks; stir into them the sugar, and pour upon them gradually, mixing well, a cup of the hot milk. Put into saucepan and boil until it begins to thicken. When cool, flavor and pour into a glass dish. Heap upon top meringue of whites whipped until you can cut it, into which you have beaten the jelly, a teaspoon at a time; or drop whipped whites by tablespoon on top of custard and put small piece of jelly in center of each "island."

Prune Puff.—Whip the whites of 3 or 4 eggs to a stiff froth, add slowly ¼ cup of powdered sugar, beating all the time. Add 1 cup of cooked prunes, stoned, chopped and beaten until very light. Put into pudding-dish and bake about ten minutes. Serve with soft custard made from yolks of eggs. Other soft fruits may be used in the same way and the puffs may be served hot without sauce or with whipped cream.

Never buy baking powder unless the label shows the powder is made from Cream of Tartar.

Frozen Desserts

HOW TO FREEZE.—Pound ice to bits size of hickory nut. Use salt in lumps $\frac{1}{2}$ size of a pea. Allow 1 part salt to 3 parts ice. Mix together in pail. In bottom of freezer put 1-inch layer of mixture, and pack. Arrange and fasten can in freezer. Fill up space between with the mixture, packing hard. Turn can occasionally to make sure it will run freely. When ice is within 1 inch of top of can open and fill can, replace and fasten top. Turn slowly at first. Increase speed, adding more ice and salt as mixture sinks. When cream is very firm open can, draw out dasher, work cream down in can with wooden spoon, cover top with paper, then with can cover, add more ice and salt, heaping it over top of can. Cover with heavy blanket, set away in cold place for 2 hours. All mixtures for ice cream expand while freezing, so the can should never be more than $\frac{3}{4}$ full or cream will be coarse grained. Water ices should be frozen without rapid motion. Junket tablets are sometimes used to thicken milk for milk sherbets, $\frac{1}{2}$ to 1 tablet dissolved in each quart of milk. If milk is ice cold any fruit juice may be added without milk curdling the sherbet.

Plain Ice Cream.—Scald 1 pint milk; mix 1 cup sugar with 2 tablespoons flour, pinch salt, and 2 beaten eggs. Add to hot milk, stir over fire till thick and smooth, cover and cook 20 minutes. Strain and cool. Add 1 pint cream, flavoring desired, and freeze. One can condensed milk and 1 cup milk may be mixed and added in place of cream. Very good ice cream may be made without the addition of any cream.

Philadelphia Ice Cream.—Scald 1 pint cream. Add 1 cup sugar and stir till dissolved. Take from fire and add 1 pint chilled cream. Freeze when cold.

Delmonico Ice Cream.—Make a cooked custard with 1 pint milk, 5 eggs, 1 cup sugar; strain and cool. Add 1 pint rich cream, 2 tablespoons flavoring, and freeze.

To this as well as to any cream may be added at will 1 cup fresh fruit or berries rubbed through sieve, $\frac{1}{2}$ cup cake crumbs, or any variety flavorings and colorings desired.

Water Ices.—Boil 1 quart water and 1 pint sugar 5 minutes. Add $\frac{1}{8}$ box gelatine soaked in cold water, stir till dissolved and chill. Add 1 cup lemon juice and freeze.

All water ices are made in this way, varying the proportion of sugar according to the acidity of the fruit used. Canned fruit syrups may be substituted for fresh fruit juice.

Biscuit Glacé.— $1\frac{1}{2}$ pints cream, 12 ounces sugar, yolks of 8 eggs, and 1 tablespoon extract vanilla. Take 6 ounces crisp macaroons, pound in mortar to dust. Mix cream, sugar, eggs, and extract. Place on fire, and stir composition until it begins to thicken. Strain and rub through hair-sieve into basin. Put

into freezer; when nearly frozen, mix in macaroon dust, another tablespoon extract vanilla, and finish freezing.

Chocolate Ice Cream.—3 pints best cream, 12 ounces pulverized white sugar, 4 whole eggs, 1 tablespoon extract vanilla, 1 pint rich cream whipped, 6 ounces chocolate. Dissolve chocolate in small quantity of milk to smooth paste. Now mix with cream, sugar, eggs, and extract. Place all on fire, stir until it begins to thicken. Strain through hair-sieve. Place in freezer; when nearly frozen, stir in lightly the whipped cream, and 1 tablespoon extract vanilla, and finish freezing.

Crushed Strawberry Ice Cream.—3 pints best cream, 12 ounces pulverized white sugar, 2 whole eggs. Mix all in porcelain-lined basin; place on fire; stir constantly to boiling point. Remove and strain through hair-sieve. Place in freezer and freeze. Take 1 quart ripe strawberries, select, hull, and put in a china bowl. Add 6 ounces pulverized white sugar, crush all down to pulp. Add this pulp to frozen cream, with 2 tablespoons extract vanilla; mix in well. Now give freezer few additional turns to harden.

Grape Sherbet.—Warm $\frac{1}{2}$ pint of grape jelly or 1 pint of pure rich grape juice, dissolve in it 1 cup sugar, mix thoroughly with 1 quart of rich milk *ice cold*, freeze at once. This makes a lilac-colored sherbet.

Lemon Sherbet.—1 quart milk, $1\frac{1}{2}$ cups sugar, juice of 3 lemons. Mix juice and sugar, stirring constantly while *slowly* adding milk very cold. If added too rapidly mixture will curdle, which affects the looks but not the quality. Freeze and serve.

Orange Water Ice.—Juice 6 oranges, 2 teaspoons extract orange, juice 1 lemon, 1 quart water, 1 pound powdered sugar, 1 gill rich, sweet cream; add all together and strain. Freeze same as ice cream.

Peach Ice Cream.—One dozen of best and ripest red-cheeked peaches; peel and stone; place in china basin, crush with 6 ounces pulverized sugar. Now take 1 quart best cream, 8 ounces pulverized white sugar, 2 whole eggs. Place all on fire until it reaches boiling point; now remove and strain; place in freezer and freeze. When nearly frozen stir in peach pulp, with teaspoon extract almonds; give few more turns of freezer to harden.

Raspberry Water Ice.—Press sufficient raspberries through hair-sieve to give 3 pints juice. Add 1 pound pulverized white sugar and juice of 1 lemon, with 1 teaspoon extract raspberry. Place in freezer and freeze.

Strawberry Moussé.—1 quart cream, 1 box strawberries, 1 cup sugar, scant $\frac{1}{4}$ box gelatine, 2 tablespoons cold water, 3 tablespoons hot water. Wash and hull berries, sprinkle with the sugar and let stand 1 hour; mash and rub through fine sieve, add gelatine which has previously been soaked in cold water and dissolved in the hot water. Set in pan of ice water and stir until it begins to thicken; then fold in whipped cream, put in mold, cover, pack in salt and ice, 1 part salt, 3 of ice. Let stand 4 hours. Raspberries may be used instead of strawberries.

Canning and Preserving

CANNING.—The important points to be observed in canning are, to use only sound, ripe fruit; to have hot syrup and air-tight jars; to fill jars to overflowing and seal immediately. Jars should be scalded and tested before using. Patent canners greatly simplify the work.

Pick over the fruit, stem, pare, cut, wash, etc., and pack in jars. Make syrup by adding $\frac{1}{2}$ pint boiling water to 1 pound sugar. When clear, bring to boiling point and carefully fill the jars. Stand in canner or on board in wash-boiler containing water up to shoulders of jars. Cover and cook according to directions or till tender. Take from canner or boiler, add more syrup till overflowing, cover and seal immediately.

Amount of Sugar per Quart Jar

	Canned	Preserved
Cherries	4 oz.	8 oz.
Strawberries	8 "	12 "
Raspberries	4 "	6 "
Blackberries	6 "	9 "
Quinces	8 "	12 "
Pears	4 "	8 "
Grapes	4 "	8 "
Peaches	4 "	8 "
Pineapples	8 "	12 "
Crab-apples	6 "	10 "
Plums	6 "	9 "
Rhubarb	8 "	12 "
Sour apples	6 "	9 "
Currants	8 "	12 "
Cranberries	8 "	12 "

Preserving.—Preserves require from $\frac{3}{4}$ to 1 pound of sugar to each pound of fruit, and $\frac{1}{2}$ cup water to each pound sugar. The fruit should be simmered in the syrup until tender a little at a time; skimmed out into the jars; when all are done the syrup should be brought to boiling point, jars filled and sealed. Hard fruits like quinces should be first steamed or cooked in boiling water till tender.

Jams.—Jams are usually made with small fruits or with chopped large fruits; they are cooked with an equal weight of sugar till rich and thick, then put into tumblers or small jars and sealed.

Jellies.—Use equal parts of sugar and drained fruit juice. Mash and heat berries till juice runs readily, then turn into bags of unbleached muslin or 2 thicknesses of cheese-cloth and let drip. Measure juice and sugar. Boil juice 20 minutes. Have sugar in shallow pan, heat through in open oven. Add to boiling juice, boil up once, take off fire and pour into tumblers. Fruit like apples and quinces should be chopped and covered with water, then simmered till tender before turning into jelly-bags.

Spiced Fruits.—These are also called sweet pickled fruits. For 4 pounds prepared fruit allow 1 pint vinegar, 2 pounds brown sugar, $\frac{1}{2}$ cup whole spices—cloves, allspice, stick cinnamon, and cassia-buds. Tie spices in thin

muslin bag, boil 10 minutes with vinegar and sugar. Skim, add fruit, cook till tender. Boil down syrup, pour over fruit in jars, and seal. If put in stone pots, boil syrup 3 successive mornings and pour over fruit. Currants, peaches, grapes, pears, and berries may be prepared in this way, also ripe cucumbers, muskmelons, and watermelon rind.

Soups

SOUP STOCK is made from cheap, tough cuts. The meat should be cut in small pieces and soaked in cold water for half an hour to draw out the juices. Bone is added for the sake of the gelatine which it contains, and which will give body to the soup. A good proportion is 2 pounds each of meat and 1 of bone to each quart of water. Use a kettle with a very tight cover and simmer slowly for a number of hours. Stock is better when made the day before it is to be used.

Soup Stock.—1 pound lean beef, 1 pound bone (or 2 pounds of shin), 1 quart cold water, 1 teaspoon salt, $\frac{1}{2}$ teaspoon peppercorns, 2 cloves, 2 allspice berries, 1 sprig parsley, 1 teaspoon mixed herbs, 1 tablespoon each kind chopped vegetable. Prepare meat as above, soak in water $\frac{1}{2}$ hour, heat slowly and simmer 3 hours, add vegetables and seasonings, simmer 1 hour longer, and strain. Next day remove cake of fat.

To clear stock beat white 1 egg till frothy, add with broken shell to above stock when cold (after fat is removed); heat slowly and stir constantly. Boil 10 minutes without stirring; set aside 10 minutes; strain through 2 thicknesses cheese-cloth dipped in cold water.

Soups with Pastes or Vegetables.—Prepare and clear stock as above. In salted water boil macaroni, vermicelli, barley, rice, tapioca, or other vegetables or dry material until done; drain and add to the clear soup and simmer together 10 minutes. Proportion, $\frac{1}{2}$ cup cooked material to 1 quart stock. Vegetables should be boiled in salted water, cut in shapes, and added to stock in same proportion.

Consommé.—1 chicken, 3 pounds lean beef, 1 onion, 1 turnip, 2 carrots, bunch sweet herbs, 7 quarts cold water, $\frac{1}{2}$ cup sago soaked in cold water, pepper and salt. Cut beef in strips and disjoint chicken, slice vegetables, chop herbs, put all on with water to cook slowly for 6 hours. Take out chicken and beef; salt and pepper and put into jar. Strain soup, pulping vegetables through a sieve. Season and divide it, pouring $\frac{1}{2}$ on meat in jar, and setting in pot of hot water to cook, covered, 2 hours more. Heat the rest and skim; put in sago, simmer for $\frac{1}{2}$ hour, then pour out. When 2 hours have passed, pour out stock in bowl; when cold put on ice.

Tomato Soup with Stock.—1 quart stock, 1 can tomatoes, salt, pepper, and sugar to taste. Stew and strain tomatoes; add to boiling stock, season, and simmer 10 minutes.

Tomato Soup without Stock.—Stew together for 10 minutes 1 can tomatoes, 1 pint water, 1 teaspoon salt, 1 tablespoon sugar, 5 cloves, $\frac{1}{2}$ teaspoon peppercorns, 1 tablespoon chopped onion, 1 tablespoon chopped parsley. Rub through sieve, return to fire, and thicken with 1 tablespoon butter and 1 tablespoon flour rubbed together and stirred in.

Cream Soups.—Boil 1 quart of milk, seasoning with 1 teaspoon of salt, 1 saltspoon white pepper. Thicken with two tablespoons flour and 1 of butter rubbed to a cream with a cup of boiling water; add thickening to boiling milk and boil two minutes. This is the foundation for many fish and vegetable cream soups.

A pint of green peas, boiled, mashed, and added, or spinach or asparagus can be used—salmon, about 1 pound, is good. For cream of celery, boil 1 pint of cut celery till tender, add to boiling milk and rub through the sieve before adding thickening. For potato soup use 6 large or 10 medium potatoes, boiled and mashed fine, then stirred into the milk and strained, a large tablespoon of chopped parsley lightly stirred in. For corn soup use milk without straining, adding a can of corn (chopped) or corn cut from 6 ears boiled fresh corn, an even tablespoon sugar and boil 10 minutes. Salsify can also be used and combinations are numberless.

Mock Bisque Soup.— $\frac{1}{2}$ can tomatoes, $1\frac{1}{2}$ tablespoons butter, $1\frac{1}{2}$ tablespoons flour, 1 quart milk, salt and pepper. Stew and strain tomatoes; scald milk in double boiler and thicken with the flour and butter; season tomatoes well and reheat. Take both from fire and mix together; if tomatoes are acid add pinch of soda. If mixed on fire soup is apt to curdle.

Scotch Broth.—Soak $\frac{1}{2}$ cup pearl barley overnight. Cut 2 pounds neck of mutton in bits, add 2 quarts water, soak 1 hour. Heat slowly, skim, add barley, skim again; simmer 1 hour, add $\frac{1}{2}$ cup each diced onion, carrot, turnip, celery fried for 5 minutes in 1 tablespoon dripping. Simmer 3 hours. Season well, thicken a little with flour, add 1 tablespoon chopped parsley, and serve.

Family Soup.—Time, 6 hours; 3 or 4 quarts pot liquor, *i. e.*, the water in which mutton or salt beef has been boiled. Any bones from dressed meat, trimmings of poultry, scraps of meat or 1 pound gravy beef, 2 large onions, 1 turnip, 2 carrots, a little celery seed tied in a piece muslin, bunch savory herbs, 1 sprig parsley, 5 cloves, 2 blades mace, a few peppercorns, pepper and salt to taste. Put all your meat-trimmings, meat-bones, etc., into stewpan. Stick onions with cloves, add them with other vegetables to meat; pour over all the pot liquor; set over slow fire and let simmer gently, removing all scum as it rises. Strain through fine hair-sieve.

Clam Soup.—Boil juice of clams, make a little drawn butter and mix with the juice; stir till it boils, chop up clams and put them in; season to taste with pepper, salt, and little lemon juice; cream or milk is to be added. Boil over slow fire 1 hour.

Bean Soup.—Soak quart white beans overnight; in morning pour off water; add fresh, and set over fire until skins will easily slip off; throw them into cold water, rub well, and skins will rise to top, where they may be removed. Boil beans till perfectly soft, allowing 2 quarts water to 1 quart beans; mash beans, add flour and butter rubbed together, also salt and pepper. Cut cold bread into small pieces, toast in oven, and drop on soup when you serve.

Soups of Dried Peas or Beans.—Pick and soak split peas, dried green peas, or black or white beans overnight. Drain, measure, add 4 times as much cold water; to each quart of water, $\frac{1}{2}$ onion. Simmer slowly till soft. Rub through sieve. Return to fire, season with salt and pepper; for each quart thicken with 1 teaspoon each butter and flour. Boil up again for a few minutes. Black bean soup should also have a pinch of mustard and a little lemon juice added, and slices of hard-boiled egg.

CROUTONS.—Trim crust from stale bread and cut in $\frac{1}{2}$ -inch dice. Fry golden brown in a little butter or in a kettle of smoking-hot fat. Drain and serve hot with soups. Instead of frying they may be browned in the oven.

Ox-tail Soup.—1 ox-tail, 2 pounds lean beef, 4 carrots, 3 onions, thyme and parsley, pepper and salt to taste, 4 quarts cold water. Cut tail into joints, fry brown in good dripping. Slice onions and 2 carrots and fry in the same, when you have taken out the pieces of tail. When done tie the thyme and parsley in lace bag, and drop into the soup-pot. Put in the tail, then the beef cut into strips. Grate over them 2 whole carrots, pour over all the water, and boil slowly 4 hours; strain and season; thicken with brown flour wet with cold water; boil 15 minutes longer and serve.

Fish

DIRECTIONS FOR PREPARING.—Clean fish carefully, slit it low enough so as not to have any blood on the backbone, but do not make too large a cut so as to spoil look of fish; wash thoroughly in cold water. *Great care* must be taken not to break gall, for it would make fish bitter. Use good dripping or lard for frying.

To Broil Fish.—Clean, wash, and wipe dry. Split so that when laid flat the backbone will be in the middle, or take the backbone out. Sprinkle with salt and lay, inside down, upon a buttered gridiron over a clear fire until it is nicely colored, then turn. When done, put upon a hot dish, butter plentifully, and pepper. Put a hot cover over it and send to table.

Boiled Bass, or other Fish.—Put sufficient water in pot to enable fish, if alive, to swim easily. Add $\frac{1}{2}$ cup vinegar, 1 teaspoon salt, 1 onion, 1 dozen whole black peppers, 1 blade mace. Sew up fish in piece of clean net or muslin, fitted to shape. Heat slowly for first $\frac{1}{2}$ hour; then boil 8 minutes, at least, to

pound, quite fast. Unwrap, and pour over it cup of drawn butter, based upon the liquor in which fish was boiled, with juice of $\frac{1}{2}$ lemon stirred into it.

Creamed Fish.—Steam 2 pounds codfish, break in flakes, removing bones and skin. Make 1 pint white sauce (see Meat and Fish Sauces). Grease a baking-dish, fill with alternate layers of fish and sauce, seasoning with salt, pepper, chopped parsley, and lemon juice or a few drops of vinegar. Mix together 1 cup dry bread crumbs and 3 tablespoons melted butter; spread over top and brown in quick oven.

This may be varied by using tomato, bechamel, curry, or any other sauce, or by adding grated cheese or sliced hard-boiled eggs to the white sauce; by baking in shells or patty-pans in place of the deep dish, or by covering with mashed potato or biscuit crust instead of crumbs.

Broiled Salt Mackerel.—Freshen by soaking it overnight in water, taking care that the skin lies uppermost. In the morning dry it without breaking, cut off the head and tip of the tail, place it between the bars of a buttered fish-gridiron, and broil to a light brown; lay it on a hot dish, and dress with a little butter, pepper, and lemon juice, vinegar, or chopped pickle.

Broiled Halibut.—Slices of halibut, salt, pepper, butter. Cut the slices of fish about an inch thick, season with pepper and salt, and lay them in melted butter $\frac{1}{2}$ hour, allowing 3 tablespoons of butter to a pound of fish, then roll them in flour, and broil about 20 minutes. Serve very hot.

Fish Chowder.—Cut 2 or 3 slices of salt pork into dice pieces; fry to crisp, and turn the whole into chowder-kettle. Pare 6 medium-sized potatoes and cut them in two. Peel small onion and chop fine. Put potatoes into kettle with part of onion. Cut fish (which should be fresh cod or haddock) into convenient pieces, and lay over potatoes; sprinkle over it rest of the onion. Season well with salt and pepper, add just enough water to come to top of fish. Pour over the whole quart can tomatoes; cover closely and allow to cook about as long as takes to boil potatoes; then add 2 quarts milk, and let it scald up again. Season with tomato catsup, and more salt and pepper if required.

Codfish Balls.—1 pint of raw salt fish picked very fine, two heaping pints of pared and sliced potatoes. Put the potatoes in the saucepan, the fish on top, and cover with boiling water; boil half an hour, drain off the water and mash fish and potatoes together until fine and light, add butter size of an egg, pepper and two well beaten eggs. Have a deep kettle of rapidly boiling fat; dip a tablespoon into it and then into the mixture; shape and drop into the boiling fat. The fat should be hot enough to brown a piece of bread while you count 40. Do not crowd the balls, drain when done, and dish on napkin on hot dish.

Codfish Balls, 2.—Put fish in cold water, set on back of stove; when water gets hot, pour off and put on cold again until fish is fresh enough; then pick it apart. Boil potatoes and mash them; mix fish and potatoes together while potatoes are hot, taking $\frac{3}{8}$ potatoes and $\frac{1}{2}$ fish. Put in plenty of butter; make into balls and fry in plenty of lard. Have lard hot before putting in balls.

Variation may be had by rolling each ball in beaten egg, then in dry bread crumbs before frying.

Fried Blue Fish, and other Kinds.—Clean, wipe dry, inside and out. Sprinkle with flour, and season with salt. Fry in hot butter or sweet lard. $\frac{1}{2}$ lard and $\frac{1}{2}$ butter make a good mixture for frying fish. The moment fish are done to good brown, take them from fat and drain in hot strainer; garnish with parsley.

To Fry Brook Trout or any other Small Fish.—Clean fish, and let them lie few minutes wrapped singly, in clean dry towel; season with pepper and salt; roll in corn meal, fry in $\frac{1}{2}$ butter and $\frac{2}{3}$ lard; drain on sieve, and serve hot.

Shell Fish

CLAM CHOWDER.—25 clams cut up, $\frac{1}{2}$ pound salt pork chopped fine, 6 potatoes sliced thin, 4 onions sliced thin. Put pork in kettle; after cooking a short time add potatoes, onions, and juice of clams. Cook $2\frac{1}{2}$ hours, then add clams; 15 minutes before serving add 2 quarts milk.

Fried Oysters.—Select largest and finest oysters. Drain and wipe them by spreading upon cloth, laying another over them, pressing lightly. Roll each in beaten egg, then in cracker crumbs with which has been mixed a very little pepper. Fry in mixture of equal parts of lard and butter.

Oysters Roasted in the Shell.—Wash and scrub the shells. Cook in hot oven, on top of stove, over red-hot coals, or in steamer until shells open. Always place them round shell down to retain juice. Serve melted butter and vinegar or lemons with them.

Panned Oysters.—Pick over the opened oysters to remove bits of shell. Wash quickly in cold water and drain on sieve. Put into saucepan with 1 tablespoon butter for 25 oysters and a dash of salt and pepper. Cover and shake over a hot fire until edges ruffle and oysters are plump. May be served on toast.

Scalloped Oysters.—Pick, wash, and drain 1 solid quart oysters. Put in layers in baking-dish, alternating with dry bread or cracker crumbs and seasoning. When dish is filled add strained oyster liquor and sufficient milk to moisten. Cover with crumbs, add 1 tablespoon butter in bits, and bake $\frac{1}{2}$ hour in hot oven.

Broiled Oysters.—Pick, wash, and drain large oysters. Dip each in melted butter, roll in fine crumbs, and broil in fine wire broiler over a clear, hot fire. Serve on toast with sliced lemons.

Stewed Oysters.—Pick over and wash 1 quart oysters. Scald 1 pint milk. Strain, boil, and skim oyster liquor; when clear add oysters. Cook till oysters are plump and well ruffled; take from fire, add hot milk, salt, and pepper.

If desired thicker, rub together 1 tablespoon each of butter and flour; add to milk and stir until smooth. This may be varied by addition of a little chopped celery or onion.

Creamed Oysters.—Prepare 1 cup thick cream sauce (see Sauces). Pan 1 pint cleaned oysters; drain and add to sauce. Season with salt, pepper, pinch of mace, and few drops lemon juice.

Pickled Oysters.—2 gallons large oysters, drain and rinse them; put 1 pint oyster juice in 1 quart vinegar over fire; scald and skim until clear; add 1 tablespoon whole pepper, 1 tablespoon cloves, 1 tablespoon mace, 1 even tablespoon salt; scald a minute, then throw in oysters; let them just come to a boil. The oysters should be pickled day before being wanted, as they grow tough after standing a few days in vinegar.

Oyster Cocktail.—Serve in small glasses, 5 small oysters to a glass. Cover with tomato catsup, add 1 drop of tabasco sauce to each glass, also a little horse radish, and a few drops of lemon juice. Prepare mixture and let oysters stand in it for at least 3 hours before serving.

Oyster Pâtés.—1 quart oysters, minced fine with a sharp knife; 1 cup rich drawn butter based upon milk; cayenne and black pepper to taste. Stir minced oysters in drawn butter and cook 5 minutes. Have ready some shapes of pastry, baked in pâté-pans, then slipped out. Fill these with the mixture; set in oven 2 minutes to heat, and send to table.

Oyster Pie.—1 quart oysters, drained; pepper, salt, and butter to taste. 1 quart flour, 2 tablespoons lard, 1 tablespoon salt, mix with water for pie crust. Butter plate, then line pie plate with crust; fill with oysters, seasoned; put over a crust and bake.

Scallops in Batter.—Wash and dry large scallops. Dip each in fritter batter (see Fritters) and fry golden brown in smoking-hot fat.

Deviled Crabs.—1 cup crab meat, picked from shells of well-boiled crabs, 2 tablespoons fine bread crumbs or rolled cracker, yolks two hard-boiled eggs chopped, juice of a lemon, $\frac{1}{2}$ teaspoon mustard, a little cayenne pepper and salt, 1 cup good drawn butter. Mix 1 spoon crumbs with chopped crab meat, yolks, seasoning, drawn butter. Fill scallop shells—large clam shells will do—or small pâté-pans—with the mixture; sift crumbs over top, heat to slight browning in quick oven.

Lobster Newburg.—Season 1 pint diced lobster with $\frac{1}{2}$ teaspoon salt, dash cayenne, pinch nutmeg. Put in saucepan with 2 tablespoons butter, heat slowly. Add 2 tablespoons sherry; cook 5 minutes; add $\frac{1}{2}$ cup cream beaten with yolks 2 eggs, stir till thickened. Take quickly from fire.

To Boil Lobsters or Crabs.—The lobster is in good season from April to December, and should be purchased alive and plunged into boiling water in which a good proportion of salt has been mixed. Continue to boil according to size about 20 minutes. Crabs should be boiled in the same manner, but a little more than half the time is necessary.

Soft Shell Crabs.—Fry in butter or lard.

To Open a Boiled Lobster.—Wipe off shell, break off large claws; separate tail from body; take body from shell, leaving "lady," or stomach, on shell. Put aside green fat and coral; remove small claws; remove woolly gills from body, break latter through middle, and pick out meat from joints. Crush or cut under side of tail, draw meat from shell. Draw back flesh on upper end and pull off intestinal cord. Break edge of large claws and remove meat.

Meats

Broiling

THE rules for roasting meat apply to broiling, except that instead of cooking it in the oven it is to be quickly browned, first on one side and then on the other, over a hot fire, and removed a little from the fire to finish cooking. Meat an inch thick will broil in about 4 minutes. It should be seasoned after it is cooked.

Frying

There are two distinct methods of frying: One with very little fat in the pan, to practise which successfully the pan and the fat must be hot before the article to be fried is put into it. For instance, in frying chops, if the pan is hot, and only fat enough is used to keep the chops from sticking to it, the heat being maintained so that the chops cook quickly, they will be nearly as nice as if they were broiled. Frying by the other method consists in entirely immersing the article to be cooked in sufficient smoking-hot fat to cover it, and keeping the fat at that degree of heat until the food is brown. It should then be taken up with a skimmer and laid upon brown paper for a moment to free it from grease.

Boiling and Stewing

Fresh meat for boiling should be put into boiling water and boiled very gently about 20 minutes for each pound. A little salt, spice, or vegetables may be boiled in the water with the meat for seasoning. A little vinegar put in the water with tough meat makes it tender. The broth of boiled meat should always be saved to use in soups, stews, and gravies. Stewing and simmering meats means to place them near enough to the fire to keep the water on them bubbling moderately, constantly, and slowly. Salt meats should be put over the fire in cold water, which as soon as it boils should be replaced by fresh cold water, the

water to be changed until it remains fresh enough to give the meat a palatable flavor when done. Salted and smoked meats require about 30 minutes' very slow boiling, from the time the water boils, to each pound. Vegetables and herbs may be boiled with them to flavor them. When they are cooked the vessel containing them should be set where they will keep hot without boiling until required, if they are to be served hot; if they are to be served cold, they should be allowed to cool in the pot liquor in which they were boiled. Very salt meats, or those much dried in smoking, should be soaked overnight in cold water before boiling.

Roasting

Wipe meat with damp cloth. Trim and tie into shape if necessary. In the bottom of pan put some pieces of fat from meat. Arrange meat on rack in pan. Dredge with salt, pepper, and flour. Have oven *very hot* at first; when meat is half done reduce heat. Baste every 10 or 15 minutes. If there is danger of fat in pan being scorched add a few spoons of boiling water. Allow from 10 to 20 minutes per pound of meat, according as it is desired rare or well done. When done remove to hot platter. Thicken gravy in pan with browned flour adding more water as necessary and add seasoning.

Yorkshire Pudding.— $\frac{1}{4}$ pint flour, 3 eggs, $1\frac{1}{2}$ pints milk, pinch salt, $1\frac{1}{2}$ teaspoons Royal Baking Powder. Sift flour and powder together, add eggs, beaten with milk, stir quickly into rather thinner batter than for griddle cakes, pour into dripping-pan, plentifully greased with beef-dripping, bake in hot oven 25 minutes; serve with roast beef.

Braised Beef.—Wipe and trim 6 pounds round or rump of beef without bone. Sear brown on all sides in very hot frying-pan over hot fire. In braising-pan or iron kettle put layers of sliced onions, turnips, and carrots; add bunch of sweet herbs, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper; on this lay meat. Add 1 pint boiling water (or water and stewed tomatoes). Cover closely and cook 4 hours in moderate oven. If water evaporates rapidly add more. Transfer meat to hot platter. Strain, thicken, and season gravy. The vegetables may be served separately if desired.

Braised Veal Shoulder.—Have shoulder boned. Fill with stuffing (see Stuffings). Prepare bed of vegetables as for braised beef. Lay veal on it, add 1 pint boiling water, 1 pint stewed tomatoes, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper. Cover and cook 4 hours in moderate oven. Uncover and brown. Serve strained gravy separately.

Beefsteak Pie (French style).—Take a nice piece of beef, rump or sirloin, cut in small slices; slice also a little raw ham; put both in a frying-pan, with some butter and small quantity chopped onions; let them simmer together a short time on the fire or in the

oven; add a little flour and enough stock to make sauce; salt, pepper, chopped parsley, and a little Worcestershire sauce as seasoning; add also a few sliced potatoes, and cook together for about 20 minutes; put this into a pie-dish, with a few slices of hard-boiled eggs on the top, and cover with a layer of Royal biscuit dough. Bake from 15 to 20 minutes in a well-heated oven. All dark-meat pies can be treated precisely in the same way. If poultry, leave the potatoes out.

Broiled Steak.—Trim and wipe steak, which should be at least 1 inch thick. Rub broiler with fat, arrange steak with thickest part in center of broiler. Have fire clear and very hot, but without blaze. Hold steak close to fire. Turn every $\frac{1}{2}$ minute, that it may sear quickly. When $\frac{1}{2}$ done season with salt and pepper. Steak 1 inch thick will broil in 4 minutes.

Panned Steak or Chops.—Trim and wipe steak. Heat frying-pan until it smokes all over. Rub bottom with a bit of fat. Lay in steak and turn every 10 seconds. Keep pan *very hot*. Season when $\frac{1}{2}$ done.

Mutton and pork chops, ham and bacon, may be panned in same way.

If hot platter for steak is rubbed with a cut onion it will give a delightful flavor to the meat.

Pork Chops with Tomato Gravy.—Trim off skin and fat; rub the chops over with a mixture of powdered sage and onion; put small piece butter into a frying-pan; put in the chops and cook slowly, as they should be well done. Lay chops on hot dish; add a little hot water to gravy in pan, 1 large spoon butter rolled in flour, pepper, salt, and sugar, and $\frac{1}{2}$ cup juice drained from can tomatoes. The tomatoes themselves can be used for a tomato omelet. Stew 5 minutes and pour over the chops and serve.

To Boil a Ham.—A blade of mace, a few cloves, a sprig of thyme, and 2 bay-leaves. Well soak ham in large quantity of water for 24 hours, then trim and scrape very clean; put into large stewpan, with more than sufficient water to cover it; put in mace, cloves, thyme, and bay-leaves. Boil 4 or 5 hours, according to weight; when done, let it become cold in liquor in which it was boiled. Then remove rind carefully, without injuring the fat; press cloth over it to absorb as much of the grease as possible. It is always improved by setting in the oven for nearly an hour, till much of the fat dries out, and it also makes it more tender. Shake some bread raspings over the fat. Serve cold garnished with parsley.

Boiled Mutton or Lamb.—Trim and wipe the meat. Have ready kettle of rapidly boiling salted water. Immerse meat, boil hard 5 minutes, then reduce to gentle simmer. Allow 12 to 15 minutes per pound. Lamb should always be well done; mutton may be rare. A little rice may be added to water to keep meat white; if a few vegetables are also added the pot liquor will make a good thick soup.

Boiled Corned Beef and Turnips.—Select a piece not too salt. The brisket is a good cut for family use when not too fat. Cook beef in plenty cold water. Bring slowly to boil. Cook 18 minutes to the pound after it begins to simmer. When fully $\frac{3}{4}$ done put in a dozen turnips, peeled and quartered. When both beef and turnips are thoroughly done dish out the beef, and lay the turnips, unmashed, about it. Serve with drawn butter, having as a base the pot liquor. Remaining liquor will make a good soup for next day's dinner.

Broiled Ham and Poached Eggs.—Cut slices of boiled ham of equal size; broil on a gridiron over a clear fire; lay on a hot dish. Lay on each a poached egg, neatly trimmed, and serve.

Sausages.—Have $\frac{3}{4}$ lean and $\frac{1}{4}$ fat pork chopped very fine, 1 pound salt, $\frac{1}{4}$ pound pepper, and teacup sage to every 40 pounds meat. Warm the meat, that you can mix it well with your hands, do up a part in small patties mixed with a little flour, the rest pack in jars. When to be used, do it up in small cakes, flour the outside, fry in butter or alone. They should not be covered while frying, or they will fall to pieces. They should be kept where it is cool, but not damp. To prevent sausages from bursting when cooking, never make a hole in them with a fork while turning them.

Boston Baked Beans.—Soak 1 quart of peabans overnight in cold water. In the morning drain, cover with fresh water, heat slowly and simmer until they burst slightly on removing a few of them in a spoon and blowing on them, those tested to be thrown away; $\frac{1}{4}$ teaspoon of soda is often put in the water when beans are parboiled. Turn the beans into a colander and drain thoroughly. Place in a small top earthen bean pot. Scald rind of $\frac{1}{2}$ pound of fat salt pork, scrape, remove $\frac{1}{4}$ -inch slice and cut remaining rind 1 inch deep in $\frac{1}{2}$ -inch strips. Bury pork in beans, leaving only rind exposed. Mix 1 teaspoon salt, 1 tablespoon molasses and 3 tablespoons sugar. Add 1 cup of boiling water and pour over beans, then add more, if necessary, to cover them. Cover bean pot, put in oven, bake slowly, adding water as needed, from 8 to 12 hours, uncovering the last hour of cooking that rind may become brown and crisp. $\frac{1}{2}$ teaspoon dry mustard added to seasonings is said to make the beans more digestible.

Liver and Bacon.—Cut liver in $\frac{1}{2}$ -inch slices, soak in cold water 20 minutes, drain, dry, and roll in flour. Have pan very hot. Put in bacon thinly sliced, turn until brown, transfer to hot platter. Fry liver quickly in the hot fat, turning often. When done pour off all but 1 or 2 tablespoons fat, dredge in flour until it is absorbed, and stir till brown. Add hot water gradually to make smooth gravy, season and boil 1 minute. Serve separately.

Few people know that lamb's liver is as tender and well flavored as calf's liver; it is much less expensive.

Fried Salt Pork.—Cut fat salt pork in thin slices and soak in milk for a few hours. Pour boiling water over, drain, and fry until crisp. When partly fried they may be dipped into batter (see Fritters), then finished in the same pan, turning several times.

Baked Liver.— $1\frac{1}{2}$ pounds liver cut in one piece; wipe and trim. Slit on top and put in strips of salt pork with larding needle. Bake in hot oven for $\frac{1}{2}$ hour, basting frequently; make brown gravy and pour over before serving.

Scotch Collops.—2 cups raw chopped beef, 1 cup cold water, 2 teaspoons chopped onion, pepper, salt and butter, cook 5 minutes, thicken with 2 teaspoons browned flour. Serve on toast.

Stew, Irish.—Time, about 2 hours. $2\frac{1}{2}$ pounds chops, 8 potatoes, 4 turnips, 4 small onions, nearly a quart of water. Take some chops from loin of mutton, place them in a stewpan in alternate layers of sliced potatoes and chops; add turnips and onions cut into pieces, pour in nearly quart cold water; cover stewpan closely, let stew gently till vegetables are ready to mash and greater part of gravy is absorbed; then place in a dish; serve it up hot.

Brown Beef Stew.—Cut 2 pounds beef in small pieces. Melt some of the fat in a pan, brown in it $\frac{1}{2}$ the meat. Put rest of meat in kettle with 1 pint cold water, let stand 20 minutes, then heat slowly. Transfer browned meat to kettle; thicken fat with two tablespoons browned flour, add 1 pint boiling water and stir; when thick strain into kettle. Add 1 cup diced carrot, cover, and simmer. When half done add 1 pint diced potatoes. Season well with salt and pepper.

Mutton Haricot.—Cut 2 pounds breast mutton in pieces, roll in flour, and brown in drippings. Transfer to a stewpan, add 2 sliced onions, cover with boiling water, and simmer until very tender. Add 1 pint parboiled potatoes or 1 pint boiled macaroni and 1 pint shelled peas; season, simmer till vegetables are done.

Brown Kidney Stew.—From a beef kidney cut off the outside meat in bits, rejecting tubes and purplish cores. Cover with cold water; heat slowly till steaming, drain, add cold water, and heat a second and again a third time. To the drained kidneys, add 1 cup brown sauce (see Sauces), season very highly with Worcestershire and catsup, and stand over hot water for 10 minutes.

To Roast a Leg of Pork.—Choose a small leg of fine young pork; cut a slit in the knuckle with a sharp knife, and fill the space with sage, and onions chopped, and a little pepper and salt. When half done score the skin in slices, but do not cut deeper than the outer rind. Apple sauce and potatoes should be served to eat with it.

Sweetbreads.—Scald in salted water; remove stringy parts; put in cold water 5 or 10 minutes; drain in towel; dip in egg and bread or cracker crumbs, fry in butter, or broil them plain.

Veal Cutlets, Breaded.—Trim and flatten the cutlets, pepper and salt, and roll in beaten egg, then in pounded cracker. Fry rather slowly in good dripping, turning when the lower side is brown. Drain off the fat, squeeze a little lemon juice upon each, and serve in a hot flat dish.



Stuffings

VEAL STUFFING.—3 cups stale bread crumbs, 3 onions chopped fine, 1 teaspoon salt, $\frac{1}{2}$ teaspoon white pepper, 2 tablespoons chopped parsley, $\frac{1}{2}$ cup melted butter or suet.

Poultry Stuffing.—1 quart stale bread crumbs, salt, pepper, and dried thyme to season highly, $\frac{1}{2}$ cup melted butter.

Chestnut Stuffing for Poultry.—1 pint fine bread crumbs, 1 pint shelled and boiled French chestnuts chopped fine, salt, pepper, and chopped parsley to season, $\frac{1}{2}$ cup melted butter. Small raw oysters or finely cut celery may be substituted for the chestnuts, omitting the parsley.

Stuffing for Pork.—3 large onions par-boiled and chopped, 2 cups fine bread crumbs, 2 tablespoons powdered sage, 2 tablespoons melted butter or pork fat, salt and pepper to taste.

Stuffing for Geese and Ducks.—2 chopped onions, 2 cups mashed potato, 1 cup bread crumbs, salt, pepper, and powdered sage to taste.

Stuffing for Tomatoes, Green Peppers, etc.—1 cup dry bread crumbs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 teaspoon onion juice, 1 tablespoon chopped parsley, 2 tablespoons melted butter. Hominy, rice, or other cooked cereal may take the place of crumbs.



Poultry

TO CLEAN POULTRY.—Put 2 tablespoons alcohol in saucer, ignite, and over this singe the fowl. Cut off head just below bill. Untie feet, break bone, and loosen sinews just below the joint; pull out sinews and cut off feet. Cut out oil-sac. Lay breast down, slit skin down backbone toward head; loosen windpipe and crop and pull them out. Cut off neck close to body. Make small slit below end of breast-bone, put in the fingers, loosen intestines from backbone, take firm grasp of gizzard and draw all out. Cut round the vent so that the intestines are unbroken. Remove heart and lungs. Remove kidneys. See that inside looks clean, then wipe out with wet cloth. Wipe off skin with cloth.

To Truss Poultry.—Fill inside with stuffing (see Stuffings). Have at least 1 yard fine twine in trussing-needle. Turn wings across back so that pinions touch. Run needle through thick part of wing *under* bone, through body and wing on other side; return in same way, but passing needle in *over* bone,

tie firmly, leave several inches of twine. Press legs up against body, run needle through thigh, body, and second thigh, and return, going round bone in same way; tie firmly. Run needle through ends of legs, return, passing needle through rump; if opening is badly torn, 1 or 2 stitches may be needed, otherwise not.

To Roast Poultry.—Rub all over with soft butter and sprinkle with salt and pepper. Place on rack in roasting-pan and put in *very* hot oven. Make basting-mixture with $\frac{1}{2}$ cup each of butter and water; keep hot and baste every 10 or 15 minutes. Roast 3 hours for 8-pound turkey, 1 to $1\frac{1}{2}$ hours for fowls. Keep oven very hot. If fowl is very large and heavy, cover breast and legs with several thicknesses paper to keep from burning.

Poultry Gravy.—Pour off excess of fat in pan. Set pan on stove and sprinkle in sufficient flour to absorb fat. Stir until well browned. Gradually add hot water, or the chopped giblets with water in which they were cooked; stir till smoothly thickened. Season, simmer for few minutes, and serve.

Broiled Chicken.—Singe, split down backbone, and clean. Grease broiler, arrange chicken on it, crossing legs and turning wings. Rub inside and out with soft butter, and season. Have fire clear and hot. Cook flesh side first, holding up well that it may not brown too quickly. Should cook in about 20 or 25 minutes, then turn and brown skin side.

Fried Spring Chicken.—Clean and disjoint, then soak in salt water for 2 hours. Put in frying-pan equal parts of lard and butter—in all enough to cover chicken. Roll each piece in flour, dip in beaten egg, then roll in cracker crumbs, and drop into the boiling fat. Fry until browned on both sides. Serve on flat platter garnished with sprigs of parsley. Pour most of fat from frying-pan, thicken the remainder with browned flour, add to it cup of boiling water or milk. Serve in gravy-boat.

Chicken Fricassee.—Clean and disjoint chicken. Wipe each piece. Put in pot, cover with boiling water and simmer till tender. To the liquor add 1 cup or more hot milk, and thicken with flour dissolved in cold water. Season well, boil up for a few minutes. Serve with dumplings or Royal biscuit.

Chicken Pâtés.—Chop meat of cold chicken coarsely and season well. Make large cup rich drawn butter, and while on fire stir in 2 eggs, boiled hard, minced very fine, also a little chopped parsley, then chicken meat. Let almost boil. Have ready some pâté-pans of good paste, baked quickly to light brown. Slip from pans while hot, fill with mixture and set in oven to heat. Arrange upon dish and serve hot.

Boned Chicken.—Boil a chicken in little water as possible until meat will fall from bones; remove all skin, chop together light and dark parts; season with pepper and salt. Boil down liquid in which chicken was boiled, then pour it on meat; place in tin, wrap tightly in cloth, press with heavy weight several hours. Serve cold, cut in thin slices.

Brown Fricassee of Chicken.—Clean and disjoint. Brown in a few spoons hot butter or pork fat. Transfer to a kettle. To fat in pan add sufficient flour to absorb, stir and brown. Gradually add 1 pint hot water, stir till thickened, strain over chicken. Cover and simmer gently till tender.

Chicken Pot-pie.—2 large chickens disjointed and boiled in 2 quarts water; add a few slices salt pork; season. When nearly cooked, add crust made of 1 quart flour, 4 teaspoons Royal Baking Powder, 1 saltspoon salt; stir in stiff batter with water; drop into kettle while boiling; cover close and cook 25 minutes.

Chicken Pot-pie, 2.—Disjoint 2 fowls and cook in 2 quarts water till very tender. Slip out bones and season. Line sides of clean kettle with rich biscuit crust (see Biscuits). Add chicken and thickened liquor. Stand on moderately hot fire. Build fire of dry cobs or small sticks round kettle, and keep burning till crust is well browned. Put chicken on platter and lay crust on it. *Old-fashioned receipt.*

Make thick dumpling batter (see Dumplings). Drop by spoonfuls into thickened boiling liquor, cover closely for 20 minutes.

Chicken Pie.—Take 2 full-grown chickens, or more if small, disjoint them, cut backbone, etc., small as convenient. Boil them with few slices of salt pork in water enough to cover them, let boil quite tender, then take out breast-bone. After they boil and scum is taken off, put in a little onion cut very fine—not enough to taste distinctly, just enough to flavor a little; rub some parsley very fine when dry, or cut fine when green—this gives pleasant flavor. Season well with pepper and salt, and few ounces good fresh butter. When all is cooked well, have liquid enough to cover chicken, then beat 2 eggs and stir in some sweet cream. Line 5-quart pan with crust made like Royal Baking Powder biscuit, only more shortening, put in chicken and liquid, cover with crust same as lining. Bake till crust is done, and you will have a good chicken pie. Or bake without bottom crust. When done remove top crust to platter, pour over it chicken and gravy, serving before crust becomes soaked.

Creamed Chicken.—Make 1 cup cream sauce (see Sauces). Prepare 2 cups diced cooked chicken. Add to sauce, season well, simmer 10 minutes.

Mock Duck.—3 pounds of round steak cut in a single piece. Make a deep slit in the middle from the side—fill with a potato and onion dressing as for duck; put strips of salt pork on top. Bake 3 hours slowly, basting often. Make a brown gravy and pour over meat when served.

The great advantage in using Royal Baking Powder is in finer, more healthful food, more easily made. Royal assures good work in the hands of the novice, or when haste is imperative. The more accurately the receipts are followed the surer the result.

Meat and Fish Sauces

WHITE SAUCE.—1 level tablespoon of butter, same of flour, and 1 cup of liquid, either milk and water or milk, spoon salt, few grains of pepper. Melt the butter in smooth saucepan, stir in the dry flour, cook and stir until frothy all over, then draw to a cooler part of stove and stir while adding the liquid, hot or cold. Cook until thick, stirring till smooth.

Thick White or Cream Sauce.—Make as above, but use double quantities of flour and butter.

Bechamel Sauce.—1 tablespoon each of flour and butter, $\frac{1}{2}$ cup each thin cream and white stock—chicken or veal—salt and pepper to taste. Prepare same manner as white sauce.

Allemande Sauce.—Same as white sauce, with addition of 2 raw egg yolks added as taken from fire.

Egg Sauce (for Fish).—1 cup white sauce, 2 chopped hard-boiled eggs, 1 tablespoon chopped parsley, 1 teaspoon lemon juice or vinegar. Add parsley after taking from fire.

Caper Sauce.—2 tablespoons butter, 1 tablespoon flour; mix well; pour on boiling water till it thickens; add 1 hard-boiled egg chopped fine, and 2 tablespoons capers.

Curry Sauce.—Slowly cook 1 tablespoon chopped onion in 1 tablespoon butter 5 minutes without coloring. Add 1 teaspoon curry powder, cook 2 minutes, add 1 cup white sauce, cook 2 minutes longer.

Soubise Sauce.—Peel 3 large white onions; boil very soft in salted water. Drain, rub through sieve, add 1 cup white sauce.

Bread Sauce.—Cook in double boiler for 15 minutes 1 pint milk, 2 tablespoons chopped onion; add 1 tablespoon butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and rub through sieve. Brown $\frac{1}{2}$ cup coarse dry bread crumbs in 1 tablespoon butter in frying-pan. Add these to sauce as it goes to table.

Brown Sauce.—In saucepan brown 1 tablespoon butter until dark, but not burned. Add 1 tablespoon flour, stir and brown again. Add gradually 1 cup good stock (beef is best) or hot water and stir until smooth and thick. Season with salt and pepper to taste. Simmer 5 minutes.

Sauce Piquante.—To 1 cup brown sauce add 1 tablespoon each of chopped capers and pickles and simmer 5 minutes.

Cranberry Jelly for Poultry.—1 quart berries, 1 pint sugar. Pick over berries carefully and wash. Put them in granite or earthen saucepan with 1 cup of water. Stew until easily mashed. Have sugar heating in oven. Strain juice from cooked berries, add heated sugar. Let all boil up once together, then turn into glasses or molds which have been wet in cold water. Serve with chicken or turkey.

Spanish Sauce.—Boil 1 quart strong stock down one half. Make as directed for brown sauce, and add 2 tablespoons sherry.

Drawn Butter.— $\frac{1}{2}$ cup butter, 2 tablespoons flour; rub thoroughly together, then stir into pint boiling water; little salt; parsley if wished.

Sharp Brown Sauce.—1 tablespoon butter, 1 tablespoon flour, 3 tablespoons vinegar, 1 tablespoon tomato catsup, $\frac{1}{2}$ cup stock. Make same way as brown sauce, add salt and pepper to taste.

Currant Jelly Sauce.—Melt $\frac{1}{2}$ glass currant jelly over slow fire. Add 1 cup hot brown sauce; stir well and simmer 1 minute.

Tomato Sauce.—Simmer $\frac{1}{2}$ can tomatoes, 1 chopped onion, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 clove together 10 minutes. Rub through sieve. Cook together 1 tablespoon each of flour and butter 1 minute, add tomato gradually, stir till smooth, and simmer 5 minutes.

Hollandaise Sauce.—Cream $\frac{1}{2}$ cup butter; add gradually 2 beaten egg yolks; stir well. Add 1 tablespoon lemon juice, dash each of salt and cayenne. Add $\frac{1}{2}$ cup boiling water, and stir over boiling water till thick as boiled custard. Serve immediately.

Sauce Tartare.—Make 1 cup mayonnaise (see Salads). Chop very fine 1 tablespoon each of capers, olives, green cucumber pickle, and parsley. Press in a cloth till quite dry. Blend gradually with the mayonnaise. For fried or broiled fish.

Maitre d'Hôtel Butter.—Cream 2 tablespoons butter, add gradually $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon white pepper, 1 tablespoon each of lemon juice and chopped parsley. Keep very cold. Serve with fried fish or broiled steak.

Horse-radish Sauce.—Cream 2 tablespoons butter; add 2 tablespoons fresh grated horse-radish, 1 tablespoon very thick cream, $\frac{1}{2}$ teaspoon lemon juice. Keep very cold. Good with corned beef.

Mint Sauce.—1 cup chopped green mint leaves, $\frac{1}{2}$ cup vinegar, $\frac{1}{4}$ cup powdered sugar. Mix 1 hour before serving with lamb.

Salads and Cheese

MAYONNAISE.—Have dishes and ingredients very cold. If summer, set dish in pan of pounded ice. In soup-plate or shallow bowl put yolk 1 raw egg, add $\frac{1}{4}$ teaspoon salt and dash cayenne, a few drops of tabasco and a teaspoon Worcestershire sauce, stir with fork till very thick. Add few drops olive oil and stir; add more oil, few drops at a time, until mixture balls on fork. Thin with few drops lemon juice or vinegar, then add more oil. Alternate in this way until 1 cup olive oil is used and dressing is thick and glossy, like a jelly. About 3 tablespoons lemon juice or 2 of vinegar will be needed, according to its acidity. *Always stir in the same direction.* Keep covered and on ice until needed.

French Dressing.—Mix $\frac{1}{4}$ teaspoon salt, dash white pepper, and 3 tablespoons olive oil. Stir for few minutes, then gradually add 1

tablespoon vinegar, stirring rapidly until mixture is slightly thickened and vinegar cannot be noticed. Mixture will separate after about 20 minutes.

Boiled Dressing.—3 beaten eggs, 1 cup rich milk, $\frac{1}{2}$ teaspoon dry mustard, 2 teaspoons salt, 2 dashes cayenne, 2 tablespoons olive oil or melted butter, $\frac{1}{2}$ cup vinegar. Cook in double boiler till thick as custard. Strain and keep in cold place.

Cream Dressing.—1 cup cream, 1 tablespoon flour, 3 tablespoons vinegar, 2 tablespoons butter, $\frac{1}{2}$ teaspoon powdered sugar, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ teaspoon dry mustard, whites 2 eggs. Cook in double boiler, stirring constantly, and adding whipped whites just before taking from fire.

Celery Salad.—2 bunches celery, 1 tablespoon salad oil, 4 tablespoons vinegar, 1 small teaspoon fine sugar, pepper and salt to taste. Wash and scrape celery; lay in ice-cold water until dinner-time. Then cut into inch lengths, add above seasoning. Stir well together with fork and serve in salad-bowl.

Chicken Salad.—Cut cold roast or boiled chicken in small dice, add $\frac{1}{2}$ as much blanched celery cut fine, season with salt and pepper. Mix with French dressing and set away for an hour or more. Just before serving stir in some mayonnaise slightly thinned with lemon juice or French dressing, arrange on lettuce leaves and cover with thick mayonnaise.

Cream Cheese and Pimento Salad.—Add to Philadelphia cream cheese (or fine cottage cheese will answer) as many chopped pimentos as will give decided flavor, roll into balls about size of walnut and place 3 or 4 on lettuce leaves for individual plates. Pour over all either French dressing or thin mayonnaise. The mixture is also excellent for sandwiches. The pimentos, or sweet Spanish peppers, may be bought put up in oil in small cans.

Lobster Salad.—Tear the meat of lobster into shreds with two forks, and let it get cold. Mix with blanched celery cut in small pieces— $\frac{1}{4}$ celery, $\frac{1}{4}$ lobster. Mix with mayonnaise. Make cups of small blanched leaves of lettuce, fill with salad, garnish with mayonnaise, capers, and lobster coral. Keep on ice until served.

Salmon Salad.—Remove bones and skin from can salmon. Drain off liquid. Mix with French dressing or thin mayonnaise; set aside for a while. Finish same as lobster salad. Other fish salads may be prepared in same manner.

Potato and Egg Salad.—Hard boil 3 eggs 30 minutes, shell and cut fine with silver knife. Boil 3 or 4 potatoes. Dice while hot, mix with cut eggs and add French dressing. Let stand till cold. Serve on bed of water-cress with more French dressing or boiled dressing thinned with vinegar.

Cold Slaw.—Prepare $\frac{1}{2}$ quantity boiled dressing. While hot pour over 1 quart shaved cabbage, cover closely; set away till cold. Red cabbage may also be used.

Tomato Salad.—Pare with sharp knife. Slice and lay in salad-bowl. Make dressing as follows: Work up saltspoon each of salt, pepper, and fresh made mustard with 2 table-spoons of salad oil, adding only a few drops at a time, and, when thoroughly mixed, whip in with an egg, beaten, 4 tablespoons vinegar; toss up with fork.

Cucumber and Onion Salad.—Pare cucumbers and lay in ice-water 1 hour; do same with onions in another bowl. Then slice them in proportion of 1 onion to 3 large cucumbers; arrange in salad-bowl, and season with vinegar, pepper, and salt.

Potato Salad.—Make $\frac{1}{2}$ amount of boiled dressing given; when cold, thin with vinegar or lemon juice, and add 2 tablespoons onion juice. Pour over diced boiled potatoes while hot. When cold serve with watercress or field salad, garnishing with diced pickled beets and sliced hard boiled egg.

Cheese Straws.—Roll out pie crust, No. 5, very thin. Sprinkle with grated sharp cheese and a dust of cayenne, fold in three, roll out, and dust a second time with cheese. Fold, roll out quite thin, cut in fine strips or straws with jagging-iron, lay on flat pans and bake in very moderate oven.

Welsh Rarebit.—Select richest and best American cheese, the milder the better, as melting brings out strength. To make 5 rarebits, take 1 pound cheese, grate and put in tin or porcelain-lined saucepan; add ale (old is best) enough to thin the cheese sufficiently, say about a wine-glass to each rarebit. Place over fire, stir until it is melted. Have slice of toast ready for each rarebit (crusts trimmed); put a slice on each plate, and pour cheese enough over each piece to cover it. Serve while hot.

Eggs

SOFT AND HARD BOILED EGGS.—For soft boiled drop into boiling water and boil 3 to 3 $\frac{1}{2}$ minutes. A better way is to have water boiling in a saucepan. Take from fire, add eggs quickly, cover, and let stand off fire away from drafts from 8 to 10 minutes, according to freshness of eggs.

Hard boiled eggs should be simmered at least 20 minutes. This gives mealy yolks, which digest more readily than sodden ones.

Poached Eggs.—Toast small slice of bread for each egg; trim and lay on hot platter. Have frying-pan partly filled with salted water. When simmering, carefully break in 1 egg at a time. Baste with the water until white is firm, take up with skimmer, trim edge of white and slip on toast.

Scrambled Eggs.—Beat number of eggs required, add 1 tablespoon of milk or cream for each egg, add salt and pepper. Melt small piece of butter in hot shallow pan, turn in beaten eggs, etc., and stir till set. Serve on toast if liked. Chopped boiled ham is a good addition before cooking.

Omelet.—Break 3 eggs in bowl; add 1 teaspoon cold water. Beat with fork till mixed. Add $\frac{1}{2}$ teaspoon salt. Turn into very hot buttered pan, shake and stir till eggs begin to set. Let form, fold and turn out on hot platter.

Fancy Omelets.—Finely chopped cooked meats, vegetables cut fine, chopped parsley, etc., may be added to plain omelet and dish named according to what is added, as ham omelet, omelet with peas, etc.

Omelet Soufflé.—Break 6 eggs into separate cups; beat 4 of the yolks, mix with them teaspoon flour, 3 tablespoons powdered sugar, very little salt; flavor with extract lemon or any other flavors that may be preferred. Whisk the whites of the 6 eggs to firm froth; mix them lightly with yolks; pour the mixture into a greased pan or dish; bake in quick oven. When well risen and lightly browned on the top it is done; roll out in dish, sift pulverized sugar over and send to table. You can also pour some rum over it and set it on fire, as for an omelet *au rhum*.

Plain and Fancy Baked Eggs.—Butter small stoneware dishes. Carefully break egg in each. Add salt, pepper, and bit of butter. Bake in oven till white is set.

May be varied by buttering dish and adding chopped parsley or ham, soaked bread crumbs, chopped onions, or a little stewed tomato.

Scotch Woodcock.—Make a white sauce of 1 tablespoon of flour and 1 of butter blended with a cup of milk and a little salt. When smooth add 6 hard boiled eggs chopped fine, a dash of cayenne, a little mustard, and three tablespoons of bloater paste, deviled ham or minced ham.

Vegetables

HINTS ON COOKING VEGETABLES.—First—Have them fresh as possible.

Summer vegetables should be cooked on same day they are gathered. Second—Look them over and wash well, cutting out all decayed or unripe parts. Third—Lay them, when peeled, in cold water, for some time before using. Fourth—Always let water boil before putting them in, and continue to boil until done.

Turnips.—Should be peeled, and boiled from 40 minutes to an hour.

Beets.—Boil from 1 to 2 hours; then put in cold water and slip skin off.

Spinach.—Boil 20 minutes.

Parsnips.—Boil from 20 to 30 minutes.

Onions.—Best boiled in 2 or 3 waters, adding milk the last time.

String Beans.—Should be boiled 1 $\frac{1}{2}$ hours.

Shell Beans.—Require an hour.

Green Corn.—Steam covered 10 or 15 minutes.

Green Peas.—Should be boiled in little water as possible; boil 20 minutes.

Asparagus.—Same as peas; serve on toast with cream gravy.

Winter Squash.—Cut in pieces and boil 20 to 40 minutes in small quantity of water; when done, press water out, mash smooth, season with butter, pepper, and salt.

Cabbage.—Should be boiled from 1 to 2 hours in plenty of water; salt while boiling.

Asparagus on Toast.—Have stalks of equal length; scrape lower ends; tie in small bunches with tape. Cook 20 to 30 minutes, according to size. Dip 6 or 8 slices dry toast in asparagus liquor, lay on hot platter, place asparagus on them, and cover with a white or drawn butter sauce; in making sauce use asparagus liquor and water or milk in equal quantities.

String Beans.—Top and tail the beans, and strip off all strings carefully; break into short lengths and wash. Boil in salted water until tender—from 1½ to 3 hours. Drain, season with butter, salt, and pepper.

Kidney Beans, Brown Sauce.—Cook 1 pint fresh shelled beans in salted water till tender. Drain; shake in saucepan with 1 teaspoon butter 3 minutes. Add 1 cup brown sauce (see Sauces), and simmer 5 minutes.

Beets, Cream Sauce.—Wash and boil beets till tender. Rub off skins and slice or dice. To 1 pint add 1 cup white sauce (see Sauces); simmer 5 minutes. Other root vegetables may be finished same way.

Boiled Cabbage.—Strip off outer leaves, cut in quarters, cut out stalk. Soak in salted water 1 hour. Drain. Have kettle of rapidly boiling water. Add ½ teaspoon baking soda and cabbage. Cover and keep at galloping boil. Unless very old, cabbage will be done in 1 hour. Press out all water; season well; put in hot dish.

Cabbage a la Cauliflower.—Cut cabbage in quarters or smaller sections, rejecting hard inner core, and freshen in cold water. Cook uncovered in boiling, well salted water about 30 minutes, or until tender. The addition of a bit of soda reduces odor and softens cabbage. Keep at a galloping boil. Press out all water by draining through colander, chop fine with large knife. Return to fire, add enough milk to not quite cover, a generous piece of butter, a very little pepper and dredge lightly with flour. Cook until flour is well done, stirring often to prevent milk from burning. Any left over is excellent with addition of 1 or 2 beaten eggs, put in buttered earthen dish, sprinkled on top with stale bread crumbs and baked in a moderate oven until egg is set.

Corn Pudding.—To 1 can corn chopped fine or 1 pint corn pulp cut from the cob add 2 beaten eggs, ½ cup milk, ½ teaspoon salt, a speck of pepper. Bake in a buttered pudding-dish, moderate oven, 20 or 30 minutes or until set like custard. Serve hot with meat.

Fried Egg Plant.—Wipe the egg plant, cut in ¼-inch slices, soak in salted cold water 1 hour. Dip each slice in beaten egg and fry in butter until inside is very soft, outside brown.

Carrots and other Root Vegetables.—Scrape or pare carrots, parsnips, turnips. Dice and cook gently in unsalted water till tender. Drain and reheat in seasoned butter, 1 tablespoon to 1 pint, or in a drawn butter or white sauce. In early summer, when roots are small, water should be salted. Onions should also be boiled in salted water, then finished as here directed.

Stewed Corn.—Husk corn. Draw sharp knife down center of each row of grains; press out pulp with back of knife. To 1 pint add ½ teaspoon salt, ½ teaspoon sugar, dash pepper, ½ cup cream or rich milk. Heat and simmer 10 minutes.

Fried Onions.—Peel (holding onions and hands under water to prevent tears), wash and cut crosswise so as to form undivided rings. Flour them, fry 5 or 6 minutes. Drain, sprinkle with salt and pepper, and serve with beefsteak.

Fried Potatoes.—Pare raw potatoes; cut thin as wafers with sharp knife or patent slicer. Soak 20 minutes in cold water; dry on towel. Throw a handful at a time in kettle of smoking-hot fat; skim out fast as browned and drain on unglazed paper. Sprinkle with salt.

Fried Potatoes, 2.—Cut cold boiled potatoes in thick slices, season and sauté in a little hot fat in a frying-pan.

Mashed Potatoes.—Boil potatoes in salted water; while hot put through ricer or mash with fork till smooth. Season with salt and pepper; to 1 pint add 1 tablespoon butter and 2 tablespoons hot milk. Beat till light, heap in hot dish.

Baked Potatoes.—Scrub potatoes of same size. Bake in very hot oven until tender. Press till skin breaks slightly, serve hot with butter.

Potato Croquettes.—Mix together 1 pint hot mashed potato, 1 teaspoon salt, ½ teaspoon pepper, 1 teaspoon onion juice, 1 tablespoon butter, 1 tablespoon chopped parsley, yolks 2 beaten eggs. Stir over fire till mixture leaves sides of saucepan. When cool, shape into croquettes, dip each in beaten egg, roll in crumbs, and fry brown in deep kettle of smoking-hot fat.

Potato Puff.—Press boiled potatoes through vegetable press. For each cupful add 1 tablespoon of butter, ¼ cup milk or cream, 1 egg, yolk and white beaten separately. Season with salt and pepper. Mix thoroughly, fold in beaten whites last. Bake in 1 dish, or individual dishes, long enough to cook the egg, and serve at once.

Scalloped Potatoes.—Butter a baking-dish, pare potatoes and slice thin, put in dish a layer of potatoes and sprinkle with salt, pepper and a little butter; then another layer of potatoes, etc., until dish is nearly full. Then fill with milk or cream. Bake 1½ hours.

Stewed Squash.—Pare small squash, remove seeds, boil in salted water till tender. Drain, mash, season, and stir over slow fire till quite dry. Add butter and seasoning to taste.

Lyonnais Potatoes.—Heat 1 tablespoon butter in frying-pan. Add 1 tablespoon chopped onion. When pale brown add 1 pint diced boiled potatoes, seasoned. Shake till butter is absorbed; potatoes should not color. Add 1 tablespoon chopped parsley and take up.

Creamed Potatoes.—To 3 cups diced boiled potatoes add 1 pint cream sauce (see Sauces), more seasoning if necessary, and simmer 10 minutes. Or, season cold sliced potatoes, cover with milk, and stew till milk is reduced one half, then add a little butter.

Stewed Tomatoes.—Scald and skin tomatoes, remove hard ends and cut up. Stew in agate saucepan till tender, add salt, pepper, and sugar to taste, also 1 teaspoon butter to each pint. If liked, thicken with fine crumbs or with a little flour dissolved in cold water.

Stuffed Tomatoes.—Choose large tomatoes; cut off stem ends and take out centers. Fill with stuffing (see Stuffings), lay on buttered baking-pan, and bake in hot oven 30 minutes. Peppers, summer squash, large ripe cucumbers, onions, and egg plant may be prepared in same way.

Panned Tomatoes.—Cut firm tomatoes in halves. For 4, heat 1 tablespoon butter in frying-pan. Dip tomatoes in flour, put cut side down in pan, cover, and cook over hot fire until browned. Transfer to hot dish, sprinkle 1 tablespoon flour in pan, stir, add 1 cup milk; stir till thickened, season, boil 1 minute, and pour round tomatoes.

Mashed Turnips.—Pare and dice turnips, boil in unsalted water till tender. Mash, adding salt, pepper, and butter to taste. If cut small they will cook in less time and be less odorous.

Ragout of Vegetables.—Parboil 1 carrot, 1 turnip, 2 potatoes, 2 ears of corn, 1 cup of lima beans, and the same of peas, 1 onion, and with them $\frac{1}{4}$ pound of fat salt pork. Drain off the water and lay aside the pork. Slice carrots, turnips, potatoes, and onion. Put into a saucepan with a cup of some good meat soup before it has been thickened. Season well; cut the corn from the cob and add with the peas, beans, and a sliced tomato as soon as the rest are hot. Stew all together $\frac{1}{2}$ hour. Stir in a great lump of butter rolled in flour. Stew 5 minutes, and serve in a deep dish.

Dried Sweet Corn.—Soak 1 pint overnight. Drain, add fresh cold water, and cook slowly. When tender drain, add $\frac{1}{2}$ cup rich milk, 1 tablespoon butter, salt and pepper to taste, simmer 10 minutes.

Baked Macaroni with Cheese.—Break in 2-inch pieces $\frac{1}{4}$ package of macaroni, which will be about a cupful; cook until tender in rapidly boiling salted water as directed above. Have ready one cup rich, stale, grated cheese and 1 pint white sauce. In a buttered baking-dish place layer of macaroni, cover with sauce, add layer of cheese. Repeat till all is used, having top layer of cheese. Sift over top fine stale bread crumbs, dot with bits of butter, bake till cheese is melted and top slightly brown.

Boiled Rice.—Wash 1 cup rice through several waters till water runs off clear. Have at least 4 quarts rapidly boiling water in kettle. Add rice and 1 tablespoon salt. Boil *at a gallop* until rice is tender—this takes 12 to 20 minutes according to kind and age of rice. Drain, set colander over boiling water for 10 minutes or more to steam. Each grain will be distinct yet tender.

Macaroni.—Have a large kettle nearly full of rapidly boiling salted water. Break macaroni into 2- or 3-inch lengths, drop into the water, and boil as directed for rice until tender, which will take from 30 to 45 minutes. Drain in colander, then pour cold water in colander to remove pastiness. Reheat in a little butter, or in a white, brown, or tomato sauce. Before sending to table, sprinkle thickly with grated cheese or stir the cheese through it.

Spaghetti, vermicelli, or any of the forms of paste may be prepared in the same way.

Pickles, Etc.

USE glass bottles for pickles, also wooden knives and forks in preparation of them. Fill bottles 3 parts full with articles to be pickled, then fill bottle with vinegar. Use saucepans lined with earthenware, or stone pipkins, to boil vinegar in.

Chow Chow.—1 quart large cucumbers, 1 quart small cucumbers, 2 quarts onions, 4 heads cauliflower, 6 green peppers, 1 quart green tomatoes, 1 gallon vinegar, 1 pound mustard, 2 cups sugar, 2 cups flour, 1 ounce turmeric. Put all in salt and water one night; cook all the vegetables in brine until tender, except large cucumbers. Pour over vinegar and spices.

Pickling Cauliflowers.—Take whitest and closest cauliflowers in bunches; spread on earthen dish, cover them with salt, and let stand 3 days to draw out all the water. Then put in jars, pour boiling salt and water over them, let stand overnight; then drain with a hair-sieve, and put in glass jars; fill up jars with vinegar; cover tight.

Piccalilly.—1 peck green tomatoes, sliced; $\frac{1}{2}$ peck onions, sliced; 1 cauliflower, 1 peck small cucumbers. Leave in salt and water 24 hours; then put in kettle with handful scraped horse-radish, 1 ounce turmeric, 1 ounce cloves (whole), $\frac{1}{4}$ pound pepper (whole), 1 ounce cassia-buds or cinnamon, 1 pound white mustard seed, 1 pound English mustard. Place in kettle in layers, and cover with cold vinegar. Boil 15 minutes, constantly stirring.

Pickled Red Cabbage.—Slice it into a colander, sprinkle each layer with salt; let it drain 2 days, then put into a jar, pour boiling vinegar enough to cover, put in a few slices of red beet-root. Choose purple red cabbage. Those who like flavor of spice will boil it with the vinegar. Cauliflower cut in bunches, and thrown in after being salted, will look red and beautiful.

Tomato Catsup.—1 gallon tomatoes (strained), 6 tablespoons salt, 3 tablespoons black pepper, 1 tablespoon cloves, 2 tablespoons cinnamon, 2 tablespoons allspice, 1½ pints vinegar; boil down one half. 1 peck tomatoes will make 1 gallon strained.

Walnut Catsup.—Take green walnuts before the shell is formed (usually in a proper state early in August). Grind them or pound them in an earthen or marble mortar. Squeeze out the juice through a coarse cloth, and add to every gallon of juice, 1 pound of anchovies, 1 pound salt, 4 ounces cayenne pepper, 2 ounces black pepper, 1 ounce each ginger cloves, and mace, and the root of one horseradish. Boil all together till reduced to half the quantity. Pour off, and when cold bottle tight. Use in 3 months.

Beverages

BOILED COFFEE.—For 4 heaping tablespoons ground coffee allow 1 quart freshly boiling water and ½ white 1 raw egg. Mix the egg white with 3 tablespoons cold water, beating with fork. Add coffee and stir till well wet. Scald coffee-pot, put in prepared coffee. Pour in boiling water, cover spout, and boil 5 minutes. Pour in quickly ¼ cup cold water, let stand 3 minutes to settle. Strain into hot pot or have strainer on table.

Coffee for Six Persons.—Take 1 full cup ground coffee, 1 egg, a little cold water; stir together, add 1 pint boiling water, boil up; then add another pint boiling water, and set back to settle before serving.

French Coffee.—1 quart water to 1 cup very fine ground coffee. Put coffee grounds in bowl; pour over about ½ pint cold water and let stand for 15 minutes; bring remaining water to a boil. Take coffee in bowl, strain through fine sieve, then take French coffee-pot, put coffee grounds in strainer at top of French pot, leaving water in bowl. Then take boiling water and pour over coffee very slowly. Then set coffee-pot on stove 5 minutes; *must not boil*. Take off and pour in cold water from bowl that coffee was first soaked in, to settle. Serve in another pot. The French, who have the reputation of making the best coffee, use 3 parts Java, 1 part Mocha.

Vienna Coffee.—Equal parts Mocha and Java coffee; allow 1 heaping tablespoon of coffee to each person, and 2 extra to make good strength. Mix 1 egg with grounds, pour on coffee ½ as much boiling water as will be needed, let coffee froth, then stir down grounds and let boil 5 minutes; then let coffee stand where it will keep hot, but not boil, for 5 or 10 minutes, and add rest of water. To 1 pint cream add white of an egg, well beaten; this is to be put in cups with sugar, and hot coffee added.

Cocoa.—The usual rule is 1 teaspoon cocoa to each cup. Mix dry cocoa with little cold water, add scalded milk or boiling water, and boil 1 minute.

Tea.—Water for tea should be freshly heated and just boiling. Teas are of differing strengths, but a safe rule is 1 teaspoon dry tea to ½ pint boiling water. Scald tea-pot; put in dry tea and cover for 1 minute. Add boiling water, cover closely. Let stand 3 to 6 minutes, strain off into second hot pot. A wadded cozy will keep tea hot for a long time off the fire.

Chocolate.—1 square unsweetened chocolate, 1 tablespoon sugar, 2 tablespoons hot water. Grate chocolate, boil all together till smooth, add gradually 1 pint scalded milk, cook in double boiler 5 minutes. Some like to add 1 teaspoon vanilla. It can be made stronger by using more chocolate.

Cookery for the Sick

ALWAYS prepare food for the sick in the neatest and most careful manner. In sickness the senses are unusually acute, and far more susceptible to carelessness, negligence, and mistakes in the preparation and serving of food than when in health.

Corn Meal Gruel.—Mix 1 tablespoon corn meal, ½ teaspoon salt, and 2 tablespoons cold water. Add 1 pint boiling water, simmer slowly 1 hour. In serving bowl put 2 tablespoons cream, 1 lump sugar, strain in gruel, stir for a moment, and serve.

Flour and arrowroot gruel is made in the same way, but cooked only 10 minutes.

Farina gruel is made with milk and cooked 1 hour in double boiler.

Boil oatmeal gruel 1 hour and strain.

Barley Water.—Wash 2 tablespoons pearl barley, scald with boiling water, boil 5 minutes, strain. Add 2 quarts cold water, simmer till reduced ½. Strain, add lemon juice to taste. Good in fevers.

Wine Whey.—Scald 1 cup milk, add 1 cup wine, cook gently till it wheys. Strain through cheese-cloth.

Beef Tea.—Chop very fine 1 pound lean beef round. Cover with ½ pint cold water. Stand in cold place 1 hour. Set over hot water, stir till liquid *begins* to turn color. Strain, add pinch salt. To reheat, set cup in pan of hot water.

Restorative Jelly.—Put in glass jar ½ box granulated gelatine, 1 tablespoon granulated gum arabic, 2 cloves, 3 tablespoons sugar, 2 tablespoons lemon juice, 1 cup port wine. Stand in kettle cold water, heat till all is dissolved. Strain into shallow dish. Chill. Cut in ½-inch squares.

Sunshine Orange.—Soak an orange in hot water for half an hour, or so until it is heated to the core. The skin will loosen and come off like a glove, and the pulp will be sweet with the sweetness that comes, not from sugar, but the sun.

Royal Baking Powder adds to the quality and healthfulness of the food.

ROYAL BAKING POWDER IS ABSOLUTELY PURE

Candies

GRANULATED sugar is preferable. Candy should not be stirred while boiling. Cream tartar should not be added until syrup begins to boil. Butter should be put in when candy is almost done. Flavors are more delicate when not boiled in candy but added afterward.

Butter Scotch.—2 cups sugar, 2 tablespoons water, piece butter size of an egg. Boil without stirring until it hardens on a spoon. Pour out on buttered plates to cool.

Cream Candy.—1 pound white sugar, 3 tablespoons vinegar, 1 teaspoon extract lemon, 1 teaspoon cream tartar. Add little water to moisten sugar, boil until brittle. Put in extract, then turn quickly out on buttered plates. When cool, pull until white, and cut in squares.

Cream Walnuts.—2 cups sugar, $\frac{3}{8}$ cup water. Boil *without stirring* until it will spin a thread; flavor with extract vanilla. Set off into dish with cold water in; when at blood heat stir briskly until white and creamy, then knead and work with the hands for several minutes. Have walnuts shelled; make cream into small round cakes with your fingers; press half a walnut on either side, and drop into sifted granulated sugar. For cream dates, take fresh dates, remove stones, and fill center of dates with this same cream. Drop into sugar.

Creamed Nuts.—Mix 1 pound confectioners' sugar, white 1 unbeaten egg, 1 teaspoon vanilla, and 2 teaspoons cold water to a stiff paste. Shape in little balls, press between halved walnut or other nut meats. Stoned dates and large raisins may be filled with this cream, or it may be mixed with chopped nuts, shaped in bars, and cut in squares.

Butter Taffy.—Boil 3 cups brown sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{4}$ cup each hot water and vinegar. When it crisps in cold water, add 2 tablespoons butter, 1 teaspoon vanilla, cook 3 minutes, cool on buttered pans.

Hickory Nut Candy.—1 cup hickory nuts (meats), 2 cups sugar, $\frac{1}{2}$ cup water. Boil sugar and water, without stirring, until thick enough to spin a thread; flavor with extract lemon or vanilla. Set off into cold water; stir quickly until white; then stir in nuts; turn into flat tin; when cold cut into small squares.

Candied Popcorn.—Put into an iron kettle 1 tablespoon butter, 3 tablespoons water, 1 tea-cup white pulverized sugar. Boil until ready to candy, then throw in 3 quarts nicely popped corn. Stir briskly till candy is evenly distributed over corn. Take kettle from fire, stir until it is cooled a little and you have each grain separate and crystallized with sugar, taking care that corn does not burn. Nuts of any kind may be prepared in same way.

Cocoanut Cream Candy.—1 cocoanut, $1\frac{1}{2}$ pounds granulated sugar. Put sugar and milk of cocoanut together, heat slowly until sugar is melted; then boil 5 minutes; add cocoanut (finely grated), boil 10 minutes longer, stir constantly to keep from burning. Pour on buttered plates, cut in squares. Will take about 2 days to harden. Use prepared cocoanut when other cannot be had.

Chocolate Caramels.—2 cups molasses, 1 cup brown sugar, 1 cup cream or milk, $\frac{1}{2}$ pound chocolate, piece of butter size of an egg. Beat all together; boil until it thickens in water; turn into large flat tins, well buttered. When nearly cold, cut into small squares.

Ice Cream Candy.—3 cups sugar, crushed or cut loaf, a little less than $\frac{1}{2}$ cup vinegar, $1\frac{1}{2}$ cups cold water, piece of butter size of a walnut, flavor with extract vanilla. Boil until it hardens, then pull until white.

Molasses Candy.—3 cups yellow coffee sugar, 1 cup molasses, 1 cup water, $\frac{1}{2}$ teaspoon cream tartar, butter size of a walnut. Follow directions for cream candy.

Velvet Molasses Candy.—Put $1\frac{1}{2}$ pounds sugar, $\frac{1}{2}$ pint molasses, $\frac{1}{2}$ pint water, $\frac{1}{4}$ cup vinegar, in agate kettle. Heat; when boiling add $\frac{1}{2}$ teaspoon cream tartar, boil till it crisps in cold water. Stir; when almost done add $\frac{1}{4}$ pound butter, $\frac{1}{4}$ teaspoon soda. Cool in buttered pan and pull.

Peanut Brittle.—Shell and chop roasted nuts to measure 1 pint. Put 2 pounds granulated sugar in clean frying-pan. Stir over slow fire. It will lump, then gradually melt. When pale coffee color and clear add nuts and pour quickly on buttered tin sheet. Roll thin as possible. When cold break up.

Fudge.—Cook 3 cups sugar, 1 cup milk, and 1 tablespoon butter. When sugar is melted add 4 or 5 tablespoons cocoa. Stir and boil 15 minutes. Take from fire, add 1 teaspoon vanilla, stir till creamy, pour on buttered plates, cut in squares.

ROYAL BAKER AND PASTRY COOK

A unique manual of cookery; contains more than 500 practical receipts, with full directions for preparing every kind of food necessary for the family. Embraces rich, medium and plain dishes in ample variety. This book contains more numerous and elaborate receipts than the average two or three dollar cook book. The Royal Baking Powder Company desires that every user of Royal Powder may have a copy. Write us the name of any friend you think would like it. Sent free upon request.

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ROYAL BAKING POWDER CO., New York, U. S. A.

ROYAL BAKING POWDER IS ABSOLUTELY PURE

Glossary of Terms Used in Cookery

- A LA.** A la mode de, after the style or fashion of.
- Anglaise (à l').** English style. Something plain roasted or plain boiled.
- Aspic.** Savory jelly.
- Au Gratin.** Covered with sauce, bread-crumbs, etc., and browned in the oven or under a salamander.
- Béarnaise.** A word much used in cookery for a rich white herb sauce.
- Béchamel.** French white sauce. Recognized as one of the four foundation sauces. The name of this sauce is supposed to come from the Marquis de Béchamel.
- Bisque.** Name given to certain soups usually made with shellfish.
- Blanc-Mange.** A white sweet food. A sweet cream set in a mould.
- Bouchées.** Small puff-paste patties (petit pâtés), small enough to be a traditional mouthful only.
- Bouillon.** A plain, clear soup. Unclarified beef broth.
- Braisé or Braising.** A slow cooking process. Meat cooked in a closely covered stewpan (braising pan or braisière) to prevent evaporation, so that the meat thus cooked retains not only its own juices, but also those of the articles added for flavoring.
- Caramel.** Burnt sugar. A substance made by boiling sugar to a dark brown.
- Charlotte.** Name of a hot or cold sweet dish.
- Compôte.** Usually applied to a delicately prepared dish of stewed fruit, or fruits and jelly.
- Consommé.** Clear, strong gravy soup. The clarified liquor in which meat or poultry has been boiled.
- Croquettes and Rissoles.** Names of small, light entrées (prepared with minced meat, etc.)
- Croustades.** Shapes of bread fried, or baked paste crusts, used for serving game, minces, or meats in or upon.
- Croûtons.** Thin slices of bread cut into shapes and fried, used for garnishing dishes and in soups.
- Dessert.** The remains of a meal. Now indicating fruits and sweetmeats served after dinner.
- Éclair.** A French pastry filled with cream.
- Emincé.** Finely sliced or shred.
- Entrée.** A course of dishes, or corner dish for the first course.
- Escalope.** Thin, round steaks of veal, called "collops."
- Espagnole.** A rich brown sauce; the foundation of nearly all brown sauces.
- Filet.** The under cut of a loin of beef, mutton, veal, pork, and game.
- Foie Gras.** Fat goose liver.
- Forcemeat.** Meat for stuffing.
- Fricassée.** A white stew of chicken or veal.
- Fritter, Beignets.** Anything dipped in batter, crumbed, or egged, and fried.
- Gâteau.** A round, flat cake, generally decorated.
- Glacé.** Frozen, iced.
- Gumbo.** The American term for okra soup or other preparations from okra.
- Hors-d'oeuvre.** Appetizers. Dainty relishes, served cold before the soup.
- Liaison.** The mixture of yolk of eggs, cream, etc., used for thickening or binding white soups and sauces.
- Macédoine.** A mixture of various kinds of vegetables or fruits, cut in even-shaped discs.
- Maitre d'Hôtel (à la).** Hotel steward's fashion. Also the name of a flavoring butter, mixed with chopped parsley and seasoned with lemon-juice, pepper and salt.
- Mayonnaise.** A cold salad sauce, or dressing.
- Menu.** The bill of fare. Literally the word means minute detail of courses.
- Meringue.** Light pastry, made of white of eggs and sugar, filled with cream or ice.
- Nougat.** Almond rock candy.
- Paprika.** Hungarian red pepper; less pungent than the Spanish pepper.
- Pâté.** A pie; pastry; a savory meat pastry, or a raised pie.
- Potage, Soup.** Broth or liquor; the first course of a dinner.
- Potpourri.** A stew of various kinds of meats and spices.
- Purée.** A smooth pulp; mashed vegetables; thick soups.
- Ragoût.** A rich stew of meat, highly seasoned.
- Relevé.** A course of a dinner, consisting of large joints of meat, game, etc.
- Rémoulade.** A cold sauce, flavored with savory herbs and mustard, used as salad dressing, etc.
- Rôti.** The course of a meal which is served before the entremets.
- Roux.** A preparation of butter and flour, used for thickening soups and sauces.
- Salmi or Salmis.** A compôte of game set to finish cooking when half roasted.
- Sauter (ée).** To toss over the fire, in a sauté or frying pan, in little butter or fat; anything that requires a sharp fire and quick cooking.
- Sorbet.** An iced Turkish drink; also a partly set water ice.
- Soufflé.** Literally "puffed up." A very light baked or steamed pudding, an omelet.
- Soufflé Glacé.** A very light, sweet cream mixture, iced and served in cases.
- Tartare.** A cold sauce, made of yolks of eggs, oil, mustard, capers, gherkins, etc., served with fried fish or cold meats.
- Timbale.** A kind of crusted hash baked in a mould.
- Tutti-Frutti.** A mixture of various kinds of fruits or cooked vegetables.
- Vol-au-vent.** A light, round puff-paste crust, filled with delicately flavored ragôts of chicken, sweetbread, etc.

ROYAL BAKING POWDER IS ABSOLUTELY PURE

ROYAL BAKING POWDER

Absolutely Pure

THE ONLY BAKING POWDER

Made From Royal Grape Cream of Tartar

The tests made by the Government chemists show that Royal Baking Powder is of the highest efficiency and usefulness as a leavening agent; that it does not contain alum, ammonia, or lime, and is absolutely pure. The official tests by the various State Food Commissions, Boards of Health, and official analysts show no other baking powder so pure, strong, and healthful.

More ill health and physical discomfort result from unwholesome food than from any other one cause, and chief among unwholesome foods are the alum and other cheaply made baking powders.

There are numerous brands of these low-grade powders, mostly made from burnt alum and lime phosphates. They can be distinguished generally by their low price. The sale of alum powders is urged by some dealers because they are bought cheap (they cost less than 3 cts. a pound to make) and yield a huge profit.

Consumers should ask for Royal and take no substitute.

There is no other baking powder or preparation that will render the food so wholesome, so excellent in every quality.

The old-fashioned way of buying at the shops cream of tartar and soda separately and mixing them in the flour, or of using soda and sour milk, has been discarded by most housekeepers, because it is impossible to buy these articles in a pure state or to mix them accurately. The many official investigations of food articles have found the cream of tartar in the shops adulterated with clay or alum. The Royal Baking Powder Company prepare the ingredients used in their own mammoth refineries, rendering them chemically pure. Royal Baking Powder is thus more convenient, economical and healthful.

Royal Baking Powder is sold only in securely labeled tin cans.

REMEMBER, in all old receipts where cream of tartar and soda or saleratus are called for, you can use Royal Baking Powder and get better results.

The usual proportions, old way, are: 2 teaspoonfuls cream of tartar to 1 of soda or saleratus;

Instead of which use 2 teaspoonfuls of Royal Baking Powder, and mix it with the flour while dry. This powder is so pure and perfectly combined that one-third less will do better work.

Never use so-called prepared or self-raising flours. They mostly contain alum, lime phosphates, or some injurious ingredient.

THE OFFICIAL TESTS

Show Royal Baking Powder Superior to All Others

The United States Government, after elaborate tests, shows **Royal Baking Powder** a pure cream of tartar powder of greater leavening strength than any other.

Bulletin 13, U. S. Ag. Dep., p. 599.

The Canadian official tests, recently made, show **Royal Baking Powder** highest of all in leavening strength.

Bulletin 10, Inland Rev. Dep., p. 16.

Royal Baking Powder is superior to any other powder which I have examined; a baking powder unequalled for purity, strength, and wholesomeness.

Willis G. Tucker, M.D., Ph.D., New York State Analyst.

As the excellence of a baking powder is dependent upon the yield of leavening gas, and upon the wholesomeness and purity of its ingredients, the **Royal** is unquestionably the best.

Massachusetts State Analyst.

The best baking powder made is, as shown by analysis, the **Royal**.

Cyrus Edson, M.D., Late Com'r of Health, New York City.

I find **Royal Baking Powder** superior to all the others in every respect. It is purest and strongest.

Walter S. Haines, M.D., Consulting Chemist,
Chicago Board of Health.

Our test shows that **Royal Baking Powder** has greater leavening power than any other of which we have knowledge.

W. B. Rising, State Chemist, California.

I have from time to time analyzed **Royal Baking Powder**, and have uniformly found it to be high in leavening power and to be composed of pure ingredients.

H. A. Weber, State Analyst, Ohio.

My tests show **Royal Baking Powder** of very superior leavening power; a cream of tartar powder of the highest purity, containing no alum, lime, ammonia, or any unwholesome material.

R. C. Kedzie, late State Analyst, Michigan.

Royal Baking Powder is composed of the best and purest ingredients. It is absolutely pure, with perfect keeping qualities, and as strong as such a powder can be made. **Royal** makes the food much finer, besides assuring its perfect healthfulness.

G. H. Failyer, Kansas State Chemist.

I have submitted **Royal Baking Powder** to careful chemical tests, and find it to be perfectly free from any substance in any way deleterious or injurious.

H. A. Huston, Indiana State Chemist.

Royal Baking Powder is free from alum and every adulteration, and it has a larger amount of leavening gas than any of the others analyzed.

M. A. Scovell,

Director Kentucky Agl. Exp. Station.

I have made a large number of analyses of **Royal Baking Powder**, and have found it to be an absolutely pure cream of tartar powder, entirely free from alum, ammonia, and all adulterations and impurities. In leavening power it is of the very highest.

Charles W. Drew, late State Chemist, Minnesota.

In this market I find but one powder besides **Royal** made from cream of tartar. **Royal** is the strongest, purest, most economical.

H. H. Nicholson, Nebraska State Chemist.

I find **Royal** to be absolutely pure and highest in leavening power.

Albert Menke, Arkansas State Chemist.

From actual analysis made by me, I pronounce **Royal Baking Powder** to be the strongest and purest Baking Powder before the public.

W. T. Wenzell,

Analyst San Francisco Board of Health.

Royal Baking Powder is superior in regard to purity, leavening power, and keeping qualities.

Geo. S. Cox, State Chemist, Wisconsin.

I allow no baking powder other than **Royal** to be used in my kitchen, for I know it to be absolutely pure and all that is claimed for it.

Wm. T. Cutter, Connecticut State Chemist.

Royal was found the highest in leavening strength, and the best powder analyzed.

George F. Payne, State Chemist, Georgia.

There is no baking powder known to us equal to **Royal**. We confidently recommend it for purity and wholesomeness.

W. Q. Webb, M.D.,

President Board of Health, Spokane, Washington.

Royal Baking Powder has been found by every examination — official or competitive — to be the greatest of ALL in leavening power, and of absolute purity and wholesomeness.

Commended by Highest Authorities

Royal Baking Powder Perfect in Ingredients, Purity, Healthfulness, and Leavening Efficiency

[Extracts from reports on the baking powder manufactured by the
Royal Baking Powder Co., New York, U. S. A.]

All chemical tests to which I have submitted it have proved the Royal Baking Powder perfectly healthful and free from every deleterious substance.

It is purest in quality and highest in strength of any Baking Powder of which I have knowledge.

Wm. M. Nuttall, Esq., Ph.D.

Late Chemist-in-Chief U. S. Dep't of Agriculture, Washington, D. C.

The strength of the Royal is shown to be 23 per cent. greater than any other. As a result of my investigations I find the Royal Baking Powder far superior to the others. It is pure, contains none but wholesome ingredients, is of greater strength, and should be used in every household in preference to any other.

*H. D. Valadey
M.D.*

Public Analyst, Ontario, Dominion of Canada.

The materials which enter into the composition of the Royal Baking Powder (manufactured by the Royal Baking Powder Co., of New York) have been proved by long and universal experience to be the most efficient for oven purposes, and at the same time quite unobjectionable, from a medical point of view, . . . the ingredients used being, in fact, chemically pure.

The Royal Baking Powder, when employed in the usual manner, yields a very large volume of carbonic (or leavening) gas, amounting to no less than 157 cubic inches for each ounce of powder.

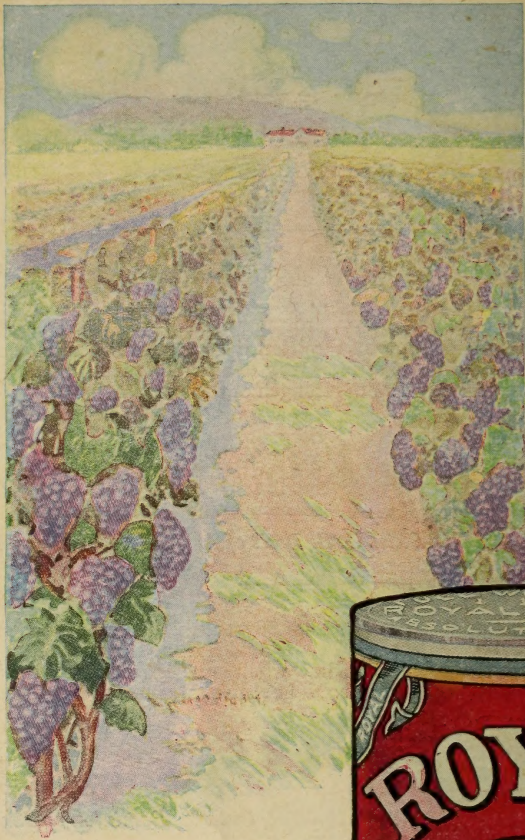
It is evident that the Royal Baking Powder is very carefully prepared and its various ingredients so adjusted as to give the maximum possible yield of leavening gas; moreover, it is of uniform composition, the various samples I have examined being identical in the proportion of their ingredients.



Royal Baking Powder may be safely and economically used in the preparation of bread and other food without imparting to it anything which could prove deleterious to the most delicate stomach.

Feb. 28, 1890.

W. Sedgwick Saunders.

Medical Officer of Health and Public Analyst for the City of London, Eng.



 The Only 
Baking Powder
made from
Royal Grape
Cream of Tartar



Absolutely Pure